

BEAUTIFUL BATHROOMS

AND BEDROOMS

SOUTH AFRICA'S ONLY MAGAZINE DEDICATED TO BATHROOMS AND BEDROOMS

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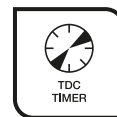
SHOWCASING THE LATEST TRENDS AND DESIGNS FOR IDEAS AND INSPIRATION
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Deliciously dry towels whenever you need them

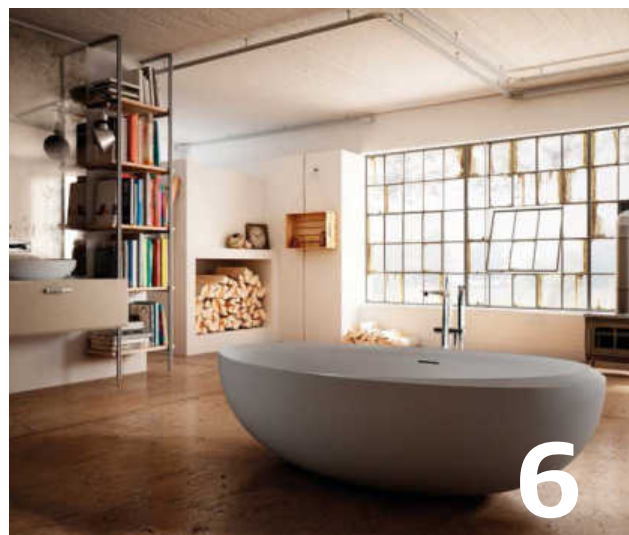
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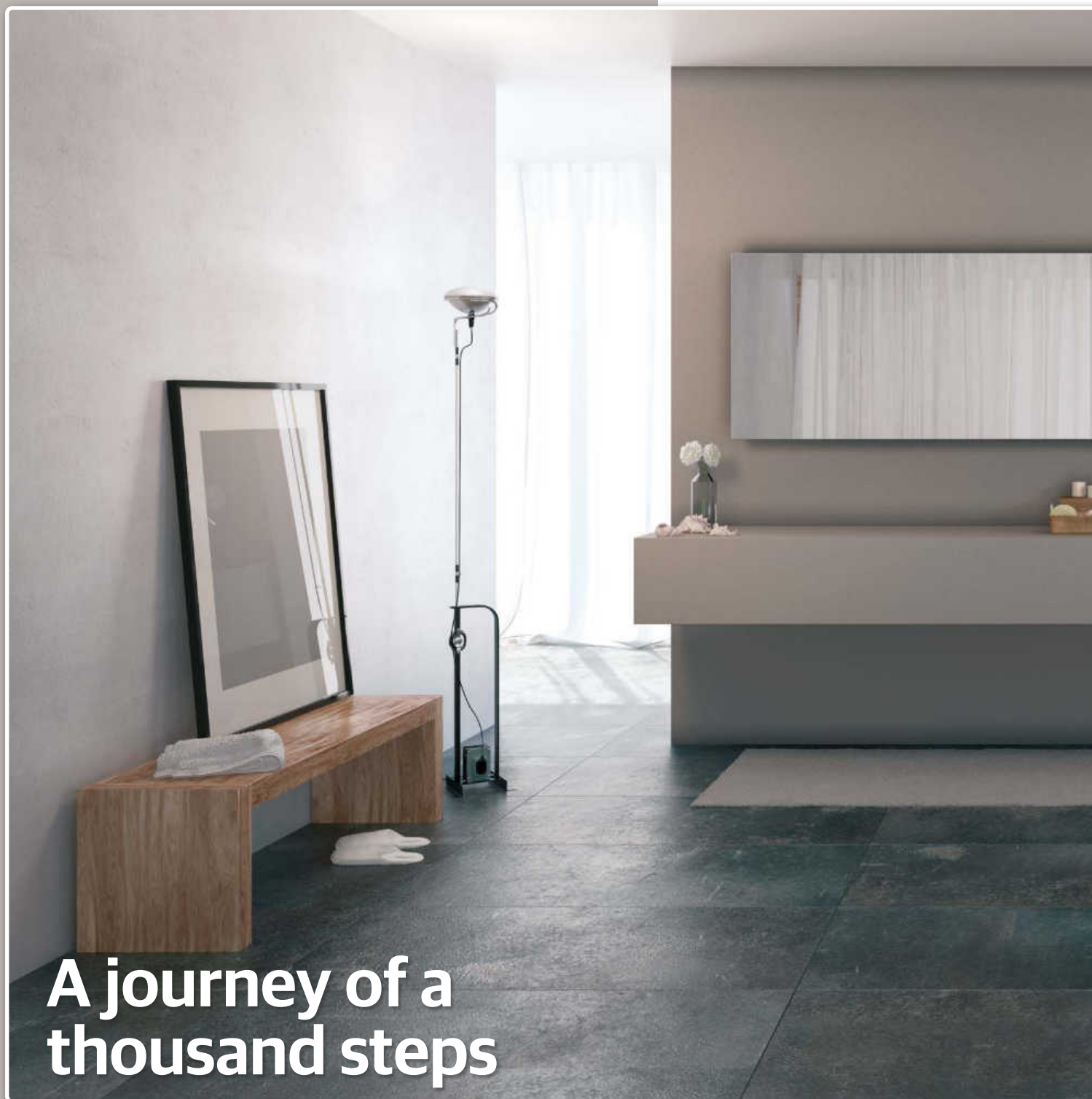
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A journey of a thousand steps

Although you might have made up your mind to give your bathroom a makeover and you are excited at the prospect, the bathroom market can often be a bit intimidating and “getting all your ducks in a row”, so to speak, in order to get the project started can often be a little overwhelming. However, as Chinese philosopher, Laozi, once said: “The journey of a thousand steps begins with the first step”... or in this case the first four steps. By following the cardinal planning steps outlined on the next pages, your journey to your dream bathroom space won’t seem so daunting.

Step 1: Size matters

Before you can begin with any kind of design, you need to consider the space in question. Designs for a large bathroom will differ significantly from those for a smaller space. Having said that however, even the smallest bathroom can work as an elegantly functional bathroom that serves the whole family. To do this, ideally you want to fit the following fixtures into the space: a separate bath and shower, plenty of storage, twin basins, a separate



toilet room, and various bathroom accessories for added storage of towels, knick-knacks, soap and so on. If however, the bathroom in question is not a family bathroom, and space is at a premium, then you can consider whether you are able to do without either a shower or a bath, and just include one of the two.

Step 2: Measure up

Once you have considered the size of the room, it is time to work out the floorplan.

If done correctly, this will take a bit of time and consideration. To begin, you will need to carefully measure the space, and then draw an accurate diagram to scale on graph paper. Take care to take special note of all the windows, door and fixtures, and to make sure that there is enough space to access all of these and to open the door. Now it is time to see where you can improve the existing room layout, bearing in mind that although you may be tempted to move fixtures, any kind of new plumbing will seriously push up the cost of the makeover. The most cost-efficient solution will be to simply replace the sanitaryware, fittings and tiling, leaving them in the same location, but allocating new storage, accessories and lighting for a more updated look and feel. Take this drawing with you when selecting sanitaryware and fixtures, so that you can see first hand that it will fit into the space.



Step 3: Want versus need

When revamping your bathroom, it is useful to compile a list of must-haves and then a separate wish list of desirables. There are the basics, such as a bath or shower, toilet, basins, tiling and vanity, that you won't be able to do without and as such, these will need to be in the budget breakdown. However, splurges such as a spa bath, a rain or steam shower, underfloor heating, in-bathroom audio, can be added if your workings come under budget. Alternatively, they can be added to the plan, so that you can include them into the room down the line when you have the money to do so. This is an important step, as your choices will affect whether you can plan for future inclusion of your desired luxuries. For example, if you intend to include underfloor heating at a later date, then a bathroom floor made of vinyl planks is a better option when compared to tiles, as you will be able to comparatively easily lift them to install the underfloor heating beneath. Having said that however, remember that being able to achieve the "less is more" principal into your design is a sure way of achieving a successful end result.

Step 4: Get inspired

Be prepared when you go shopping, as there are literally hundreds of different styles and options that you can choose from. If you don't already have a clear idea of what you are looking for, this experience can often leave you feeling a little confused and overwhelmed. As such, it is incredibly important to look for inspiration and decide on the style and look that you would like to achieve beforehand. Having a clear understanding of the desired aesthetics will go a long way in making the buying and selection process easier. Page through glossy magazines such as this one, and search the Internet for inspiration. Once you have done adequate research, choose your top five styles and decide on one, and then stick to it. Not deviating from this style will ensure a coherent and successful end result, as all too often, homeowners change tack halfway through a renovation, and the end composition shows this.

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Bathroom remodelling – what to consider

Remodelling your bathroom can be an exciting journey that can totally transform the space both visually and functionally. It is also one of the most value-adding renovations that can be undertaken in a home.

However, bathroom remodels don't come cheap, and because of the comparatively high cost involved, your choices are ones that you will have to live with for years to come. As such, it is important that you carefully consider a few aspects before embarking on this project in order to ensure that the end result is one that will offer maximum comfort, longevity and functionality.

Consider how the bathroom will be used

While your home has one kitchen, most average-sized homes have at least two

bathrooms, and sometimes even more. Each of these bathrooms will serve different users and be used in different ways – for the best end results, your bathroom remodel must be designed to best serve their needs. Once you have decided on who will be using the bathroom, it is time to consider how it will be used.

Is the bathroom in question going to be used by the kids, and if so, what are their ages? If your kids are small for example, a bath is a must-have, but you will also want to include various features that



Bathroom Butler

will allow the room to grow with your children. For example, for teenage kids, it is a very practical idea to have a separate bathroom and toilet, which can be used independently from one another. If the bathroom is for you and your partner, will it be a place where you quickly shower and get ready for work, or one that you will want to spend lots of time in to unwind and relax after a hard day's work? If the bathroom is an en-suite for example, then a big feature bath and a double vanity are essential, but if you have the space, a double shower is also a fabulous feature.

Live in it

It is never a good idea to renovate a home before you have lived in it for a while. While there is a lot of advice and tips on the Internet and in magazines, the only way to really gain insight into how to best use a space is after you have lived in it for a bit. As such, it is a wise plan to take your time and not to rush into anything too quickly – if you are buying a new house, then move in and settle before you undertake any major bathroom renovations. This way, you will understand the space a little better – the layout, the lighting, the orientation, as well as how you use the room and how its functionality can be better improved.

Your dream bathroom

After researching what you want in your bathroom and looking for design inspiration, it is a good idea to sit down and write down your ideal wish list of everything you would like to have in your dream bathroom. By understanding what

LIFESTYLE

your dream bathroom would feature, you can make provision to include some of the features that you can't necessarily afford now, but would like to have, later down the line when you have the money to do so. All the extras that are on your list, but not within your budget, can be listed as future enhancements so that you can complete the project in phases. This will cost a lot less, than if you didn't factor them in and you would need to overhaul the entire room in order to accommodate them in a year or two.

Work out your budget

One of the main aspects of any bathroom remodel is to carefully work out what your budget is. When you are doing this, bear in mind that most remodels work out at least 15% to 20% over the stipulated budget, largely due to unforeseen things that you will only realise need to be done once you have started the project. Ensure that you don't leave anything out when you are budgeting – aside from buying all the products, such as sanitaryware, tiles, bathroom accessories, lighting, window treatments and building materials – you also need to factor in all the service-orientated requirements, such as building, tiling, electric and plumbing. If it all seems a little too much to plan for, you can always pay a little more and get a professional in to oversee the project for you – they should be able to quote you for everything and give you a price for the entire job, from conception through to completion.



Victorian Bathrooms



Tapitalia



Simple yet striking, perfect textures and a distinctive style
that fluently teams minimalism with neo-classical design,
fusing past present and future.



Exploring the hottest bathroom trends...

According to an analysis on international bathroom trends by GruppoBPC, after a major decline due to the worldwide recession over the last few years, as international economies start to slowly recover, so will private spending on home improvements be expected to show considerable growth. The report notes that this growth will be over the next five years, and bathroom renovations are expected to account for a whopping 58% of all remodelling efforts.

This is due to the majority of homeowners rather opting to reinvest and improve their homes, instead of incurring the cost of selling their existing home and buying a new one.



With the insurgence of positivity in the bathroom market, Lisa Millbacher, from Bespoke Bathrooms, shares an overview on the latest and greatest bathroom trends currently hitting the market.

1.TREND: Wall Finishes

The technology available for printing on various wall surfaces has evolved to such an extent that today, it is possible to introduce a wider and more colourful array of designs and textures into the bathroom space. What was traditionally quite a sterile and cold space, the bathroom can now be infused with interesting visual features, textures, colours and prints. It works particularly well when visually interesting wall finishes are paired with stark white sanitaryware, as it really makes the design pop.

A prime example of new and innovative printed wall coverings is the tailor-made fibreglass Inkiostro Bianco Textile Papel Decorativo Vinilico wall covering. These tiles boast a bi-directional fibreglass fabric that acts as reinforcement to the wall finish, and gives it added stability and flexibility. It is also available in vinyl form which is made up of two layers; this wall finish can be applied to all wall and floor surfaces. Decorative, artistic and customisable, the Inkiostro Bianco Textile Papel Decorativo Vinilico wall covering redefines the concept of wallpaper.

Another great example is the intricate wall mosaics by Bisazza – one of the world's leading producers of glass mosaics. The installation left was custom designed and installed for a high-end apartment in Amsterdam. As mentioned earlier, you will notice that everything else, from flooring, through to sanitaryware, lighting and window dressings have been kept supremely simple to maximise the appeal of the feature mosaic wall.

This trend has even moved from mere floor and wall coverings to encompass bathroom furniture as well. The Dutch designer, Marcel Wanders in collaboration with Bisazza (Italy), has recently launched a range of bathroom furnishings that boast intricate patterns made from handmade glass.

2.TREND: Bespoke colours

Homeowners today are becoming bolder and braver with the use of colours and





Ritmonio

materials. Gone are the days when the bathroom was a cold, boring space, void of any interesting colour to attract the eye or infuse it with aesthetic interest. Today, you can source bespoke bathroom taps and even bathtubs with customisable finishes to perfectly suit your individual bathroom décor.

The Ritmonio Tweet basin mixer for example, from Ritmonio's Natural Heart Collection, is unusual in that its levers come in a variety of nature-inspired hues that are indicative of the range's environmentally friendly design. These mixers boast an impressive Eco Plus status, as they have an impressively low water flow rate, with a deceivingly high pressure rate, but also, only cold water is released when the lever is in the central position for reduced energy consumption.

Falper's George Sanitaryware Collection is another great example of interesting colour and textures being introduced into the bathroom. It comprises a solid and elegant selection of sanitaryware with an undeniable masculine feel. The materials used to manufacture this elegant range include Baxter leathers, glossy and brushed copper, and titanium finish stainless steel. The bath is made of Ceramilux, and it truly takes metal and wood working technologies to their limits.

3.TREND: Customise your bathroom space

As the quest for supreme customisation continues, so are increasingly more homeowners looking for bespoke bathroom products that stand out from the crowd in their uniqueness. There is a wide variety of bathroom products that allow you to create a truly individualised space that reflects your personal tastes and requirements.

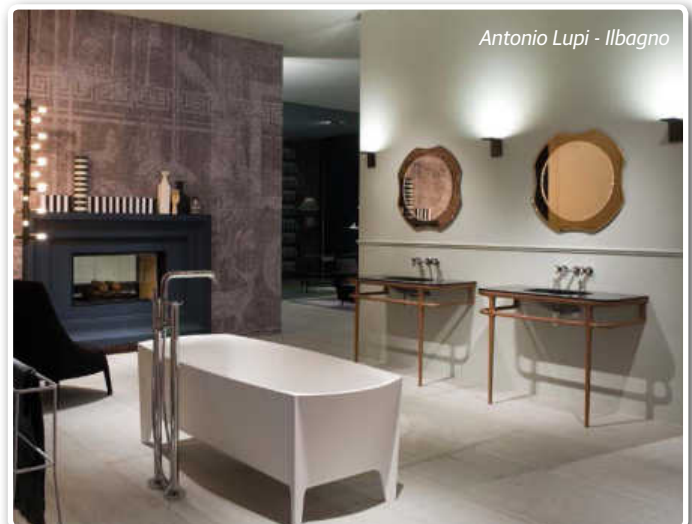
Antonio Lupi is a Tuscan company that has really stood out in the design and



Falper - The George Collection



Antonio Lupi



Antonio Lupi - Ilbagno

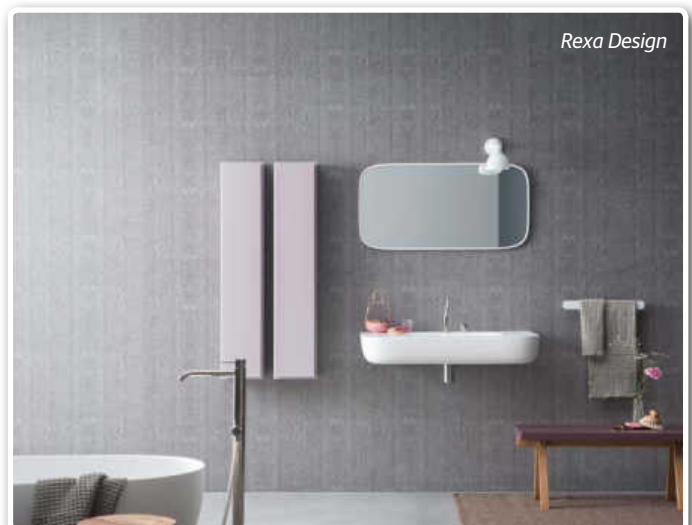
manufacturing of bathroom furniture, both in Italy and abroad, for the past sixty years. It has made its name through its tailor-made production, which affords its customers the ability to adapt each of its products to suit their personal style requirements. Antonio Lupi's Ilbagno range for example, designed by Roberto Lazzeroni, offers clients a sophisticated and elegant way of expressing themselves and creating products that reflect their personal interpretation of modern design.

Rexa Design Esperanto by Monica Graffeo is another prime example of bespoke bathroom design. The range has been inspired by the past and its underlying simplicity makes it a truly appealing contemporary bathroom collection, while remaining both a practical and emotional solution to the daily needs required of any bathroom space.

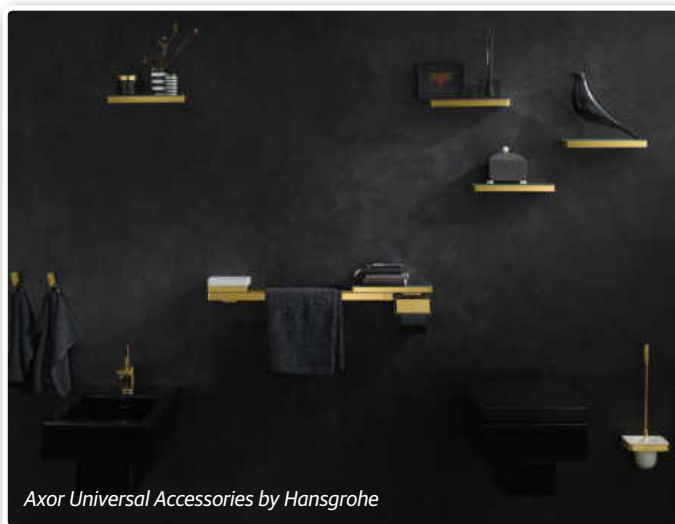
The Esperanto range includes modular holders, varnished or covered by acrylic resin, hanging or free-standing in solid wooden easels, and equipped with countertops made of DuPont Corian, as well as a range of basins, mirrors, bathroom accessories and stand holders in customisable finishes.



Rexa Design



Rexa Design



Axor Universal Accessories by Hansgrohe



Axor Universal Accessories by Hansgrohe

The holders boast various dimensions and are made in earthenware and Korakril. They are equipped with countertops with little compartments that make everything easily accessible. A combination of elegance and sophistication defines the choice of materials and they offer a great contrast between the wooden easel and the transparent smoked and bronze glass vessel sink.

4.TREND: An assortment of accessories

Bathroom accessories are taking pride of place in many modern bathrooms today. They are available in a number of finishes that complete the customised bathroom interior.

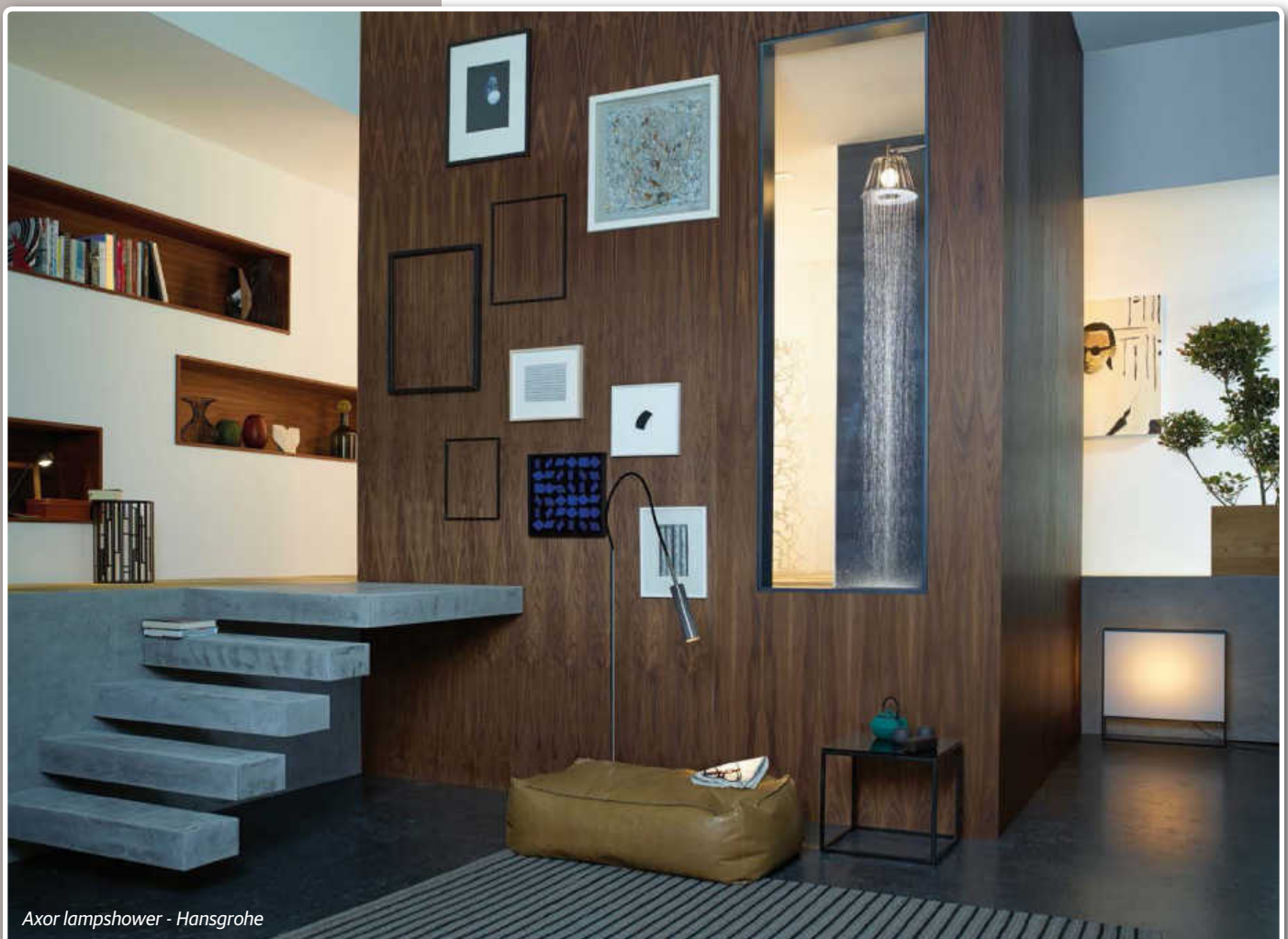
The Hansgrohe Axor Universal range of bathroom accessories includes timeless elegant products that can either be used individually or flexibly combined with one another. Their universally appealing design means that they blend in perfectly with lots of other Axor collections and with a range of different style worlds. For example, a glistening gold or a mysterious black chrome finish will give any bathroom a sophisticated



Antonio Lupi mirrors - designer Roberto Lazzeroni

touch. The Axor Manufaktur offers six special finishes, available in polished or brushed, enabling the highest level of individual design.

The Antonio Lupi mirrors, designed by Roberto Lazzeroni, are another bathroom accessory that is being worn by well-dressed bathrooms today. The range comprises bevelled mirrors in a variety of shapes and sizes, with a coloured and silvered glass frame that is available in the various colours, including fumé, bronzo, rosé, blu and acquamarina to add a personal touch to your bathroom interior.



Axor lampshower - Hansgrohe

5. TREND: Inventive products and technology

Technology is changing by the minute, and it is having a big impact on how we live and how we see the world. It is also impacting the bathroom, as more and more consumers become aware of the benefits of technology such as digital controls for example. The Axor LampShower for example, designed by Nendo for Hansgrohe, has succeeded in opening the traditionally isolated bathroom towards the living room through the addition of an elegant piece of furniture.

At first glance, you have to ask if it's a lamp or a shower? Oki Sato, the creative brain behind the Japanese design studio Nendo, playfully indulges in artful shifts and transformations of concepts and meanings. His aim was to combine what is most typical about the living space - the lighting, with water, so as to give the shower an enhanced sensuous dimension in a way we have not yet seen before. The result is something that is not just a shower, nor just a lamp, but a magic trick with light and water that is readily available day after day.

The Magnetika Bathroom by Ronda Design is another example of how bathroom design is being led by a playful merging of technology and design. In order to make your bathroom more functional and comfortable, Ronda Design creates a set of magnetic accessories to store everything you need close at hand in a creative way. Thanks to a visible or invisible metal insert, even the mirror becomes a functional surface where you can hang whatever you need.

Information and images supplied by Lisa Millbacher of Bespoke Bathrooms, Cape Town.

Bespoke Bathrooms offers a specialist bathroom design and installation service. Visit www.bespokebathrooms.co.za or contact Lisa on 021 422 1331.





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Jean de Villiers, Easylife Kitchens Brand Ambassador, at home.

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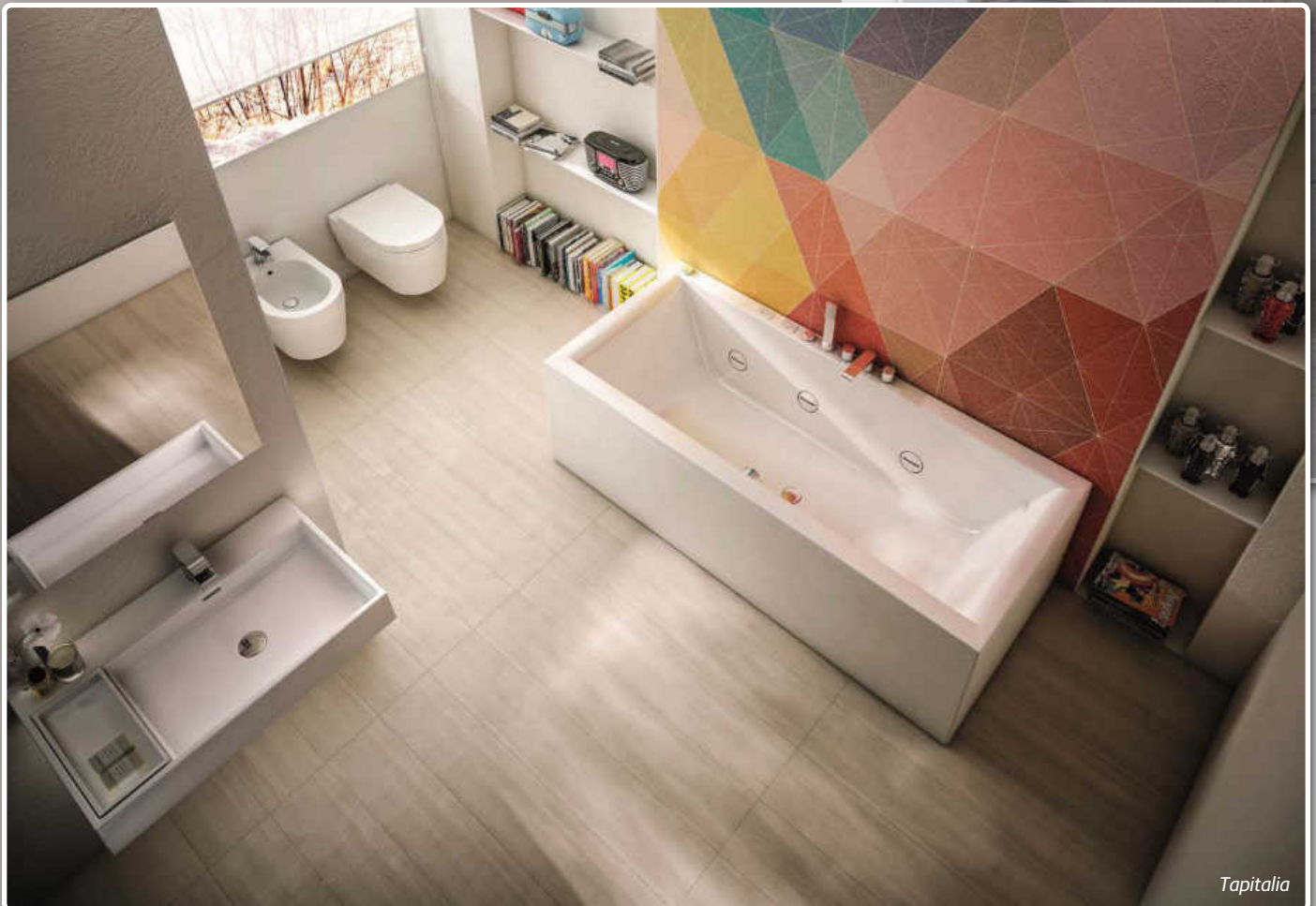
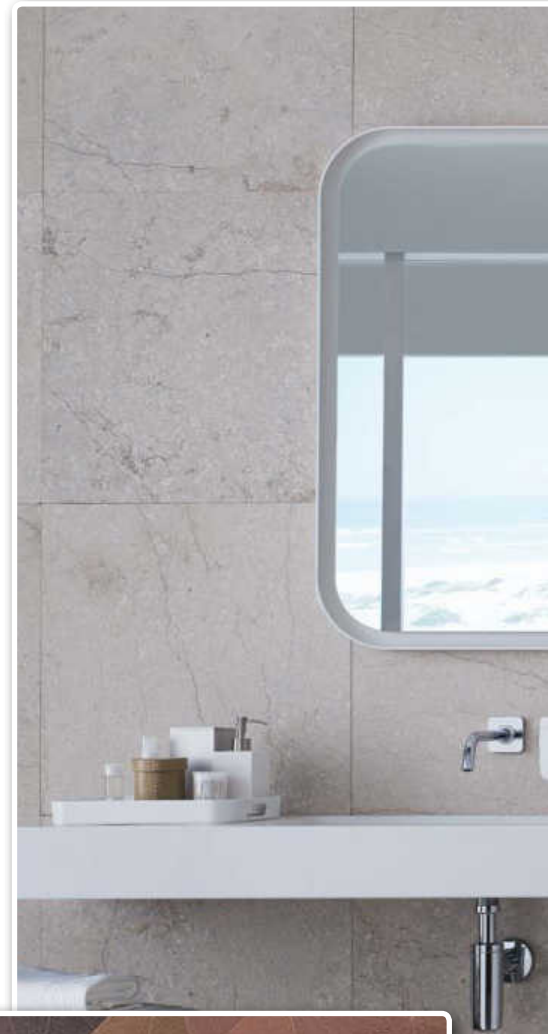
All about layout...

With a little creative space planning, you can ensure that your new bathroom offers all the functionality and aesthetic appeal that you have always dreamt of. A functional floor plan is essential to any successful remodel, so that you can cram as many luxuries and components into what is normally a fairly tight space.

Let the layout follow the function

Unlike a kitchen, where there are tried-and-tested layout formulas, there are none for bathroom layout planning. Having said that however, there are different types of bathrooms that cater for different functions, which helps outline the best layout. Deciding how the bathroom space will be used will have a large impact on the layout of the room. Bathroom spaces can be broken down into three main types, namely:

En-suite bathrooms: These bathrooms are one of the most value-adding additions in any home. They lead directly off the main bedroom, but their layout can vary significantly, depending on the space in question. They can be entirely open-plan with the bedroom, walled off from the bedroom as a completely separate space, or partly separated from the main bedroom via either a partition or a bank of walk-through closets. They are usually larger than the other bathrooms in the home, and are usually packed with all the luxuries you can fit into the space. It is important that the layout must accommodate more than one person using the room at one time.



Tapitalia



Geberit



Bette by Bathroom Butler

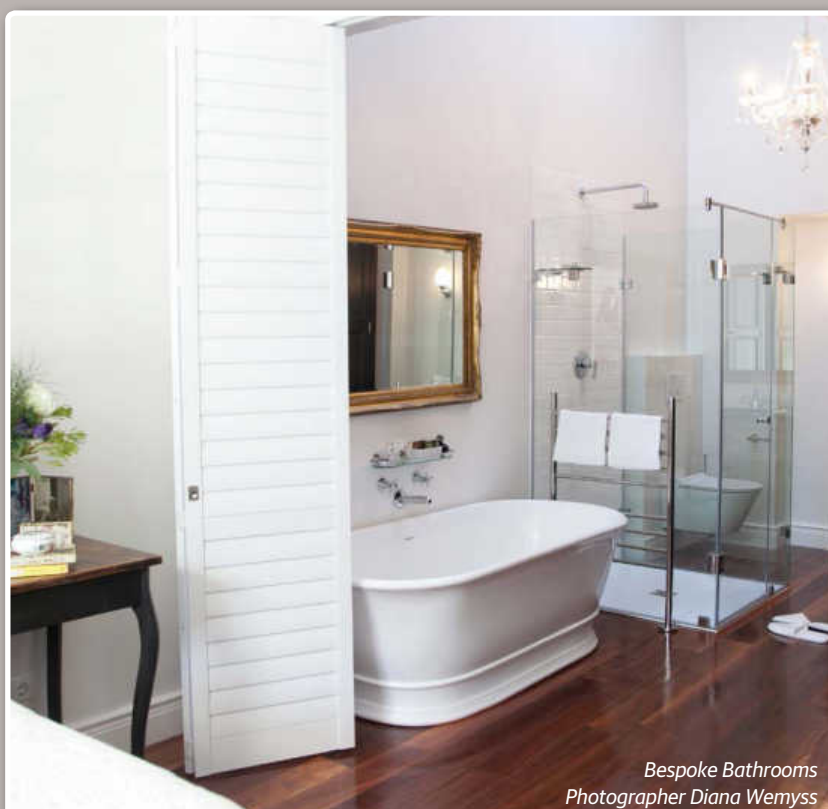
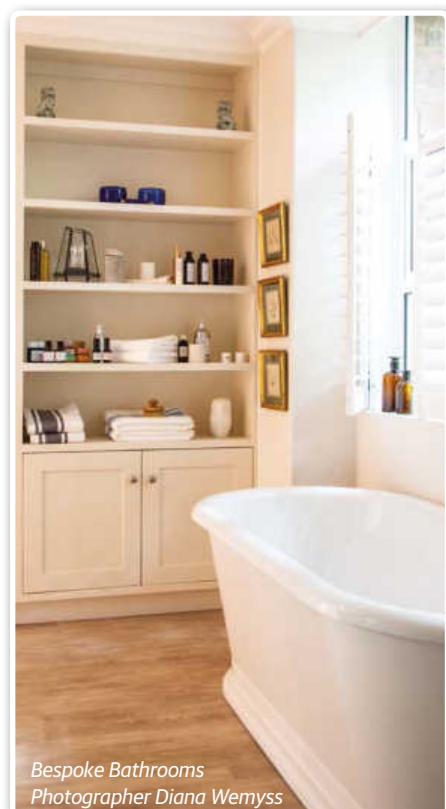
Transform your bathroom into your own personal sanctuary for ultimate relaxation and tranquillity. A space where you can indulge your senses, revitalise and energise your body and soul. This minimalistic style of bathroom with muted colour tones and light open and airy spaces, creates the perfect inviting environment for you to unwind and relax.

The second bathroom: This bathroom is usually used by the children living within the home, or by any visiting guests. They aren't as big as the main en-suite bathroom, and they need to be more practical when it comes to layout and the choice of fittings and fixtures. The layout should be as uncomplicated as possible, and able to accommodate safe use by people of all ages – from very young to very old. The second bathroom can follow a number of different layouts, including bathrooms that have the toilet located in a separate adjacent room, wet rooms, shower rooms and standard bathroom layouts.

The guest loo: These rooms are designed to accommodate guests when they visit. It is therefore usually located near to the living areas or the entrance of the home. It is usually a very compact space that only accommodates a toilet and a hand basin, and the layout will only need to cater for single-person use.

Space considerations

When it comes to layout, there are no hard and fast rules. There are, however, general standards that are used with regards to the space that is required around various fittings to accommodate easy use. Bear in mind, that the stipulated space requirements that are mentioned next can overlap one another



– for example, the suggested required radius around a basin can overlap with the required radius suggested for a corner shower unit. The various space suggestions are as follows:

Doors: Generally speaking, a diameter of 600mm needs to be left to accommodate the arc of an opening door. If you are designing an open-plan bathroom however, you will be able to use this extra space for something else.

Basins: A frontage space of 700mm is the usual requirement to accommodate any bathroom basin or vanity.

Shower: If the shower is a corner unit, then you should leave a minimum of 700mm radius around it. If it isn't a corner unit, then you will require a minimum distance of 700mm in front of the shower opening.

Bathtub: If the bathtub is set against a corner, a radius of 700mm around the two remaining sides is optimal. If the bath is a freestanding unit however, it will require a complete radius of 700mm around the entire tub, unless it too is positioned in a corner.

Toilet and bidet: A minimum radius of 600mm around both the toilet and bidet will usually suffice for both these fixtures.



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A photograph of a modern bathroom interior. It features a white toilet, a black pedestal, and a large window. The walls are a light color, and the floor is a dark, patterned tile. The overall design is clean and minimalist.

Showered in style

Showers have long overtaken bathing as the most popular way to wash, with more than 50% of all homeowners estimated to shower everyday. Showering remains a quick, efficient, hygienic and water-saving way to get clean – making the shower an essential installation in any home.

Your personal view

Before you select what kind of shower you want to install, think about what showering means to you. Is your shower a purely practical fitting, offering an efficient way to wash yourself when you don't have the time for a long soak in the bath? Or is your shower a haven of relaxation and refreshing indulgence? Today, just because it isn't a bath, doesn't mean you have to compromise on luxury and comfort.

Fitting it in

Work out where the ideal location will be for your shower and how much space you can afford it. If space is limited, then perhaps it can be tucked away in a space-efficient corner. You can either invest in an off-the-shelf shower cubicle, or you can order one that is made-to-measure for a bespoke fit that makes maximum use of the space in question. Some enclosure designs are better suited to cater for small spaces than others, such as enclosures with curved sliding doors, or a frameless glass shower enclosure with a U-shape entrance that doesn't need any doors for example. However, the most space-efficient solution would be to incorporate it into the bath by installing a bath shower screen and a hand shower as part of the bath's faucet set.



Geberit

If space isn't an issue, then you can really turn your shower into the centrepiece of your bathroom and make it as spacious and luxurious as you have always dreamt of it being. If the shower is to be included into your en-suite bathroom, why not consider installing a double shower so that both you and your partner can shower at the same time and miss the morning queue. Frameless glass shower doors are the optimum choice for larger shower areas, as they can be custom-fitted and help maintain a feeling of openness and spaciousness by not cutting off your visual line of site throughout the room.

Down under

The shower tray has become a quintessential part of any shower enclosure – they create





a barrier between the room and the shower floor for optimum waterproofing purposes, they house all required drainage neatly underneath, and they ensure that the water remains in the shower and doesn't spill over the sides onto the bathroom floor. There are a couple of different types of shower trays, including resin stone shower trays, which are made from a mixture of crushed stone and a resin-based glue; acrylic shower trays, and at the upper end of the spectrum, you have enamelled pressed steel shower trays, which offer unparalleled durability and impressively narrow profiles for a sleek flush finish.

Without a tray

Freestanding showers with no tray have become a popular trend of late in bathrooms all over the world. Simply put, the flooring of the bathroom runs throughout the entire space, and seamlessly into the shower enclosure, making it visually part of the floor space by negating any kind of visual divide. If this is the route you want to go, then be sure to choose tiles with a high level of traction for maximum anti-slip functionality, or if you are using a smooth floor surface, such as coloured concrete for example, then be sure to add some



kind of anti-slip texture into the mix that is used throughout the bathroom, and especially within the shower enclosure.

This trend has been taken even further with the rise in popularity of shower rooms. Essentially, a shower room is an enclosed room where there is no divide between the shower and the rest of the room. As such, there is no added shower enclosure or tray, which makes this layout very practical and space efficient. And herein lies the secret to their rising popularity – with a shower room, you can essentially create a full bathroom (sans bathtub of course), in a comparatively very small space.



Victorian Bathrooms

A kiss from a rose

Your choice of showerhead or shower rose will be one of your most important decisions, as it will affect the style and sensation of your shower experience. Ask yourself whether you prefer an intense pummelling of water jets, a gentle rain shower, or something in between? As a general rule of thumb, the larger the showerhead, the gentler the shower, as the water is spread over a larger area. For a rain shower, choose a showerhead that is flat with a large diameter – a 300mm-diameter will offer the gentlest of showers, while one that measures 200mm will guarantee a shower that is slightly more powerful.

Also, be sure to choose a showerhead that offers good water efficiency, as water is a precious, and often expensive resource. By choosing a water efficient showerhead, you can be safe in the knowledge that you are doing your bit for the environment, as well as saving yourself money on your utility bills in the long term.

Crossing the channel

Drainage is a crucial consideration when it comes to shower floors, and with open, floor-even showers in great demand, shower channels are becoming increasingly sought after. Essentially, a shower channel works exactly the same way as a traditional shower drain, but once installed, it acts as an open profile in which water collects and flows to the inlet connector. Shower channels, such as Geberit's CleanLine shower channels, can be customised to suit the exact size of the showering area, and they can be placed right up against the wall or in the middle of the shower area. What's more is that they are just as easy to install as a conventional drain, they boast a pre-fitted sealing foil to ensure a permanent seal, they can be very quickly and easily cleaned, and the inlet connector cover features a comb insert that effectively holds back hair and other larger particles to prevent the drain from becoming blocked.



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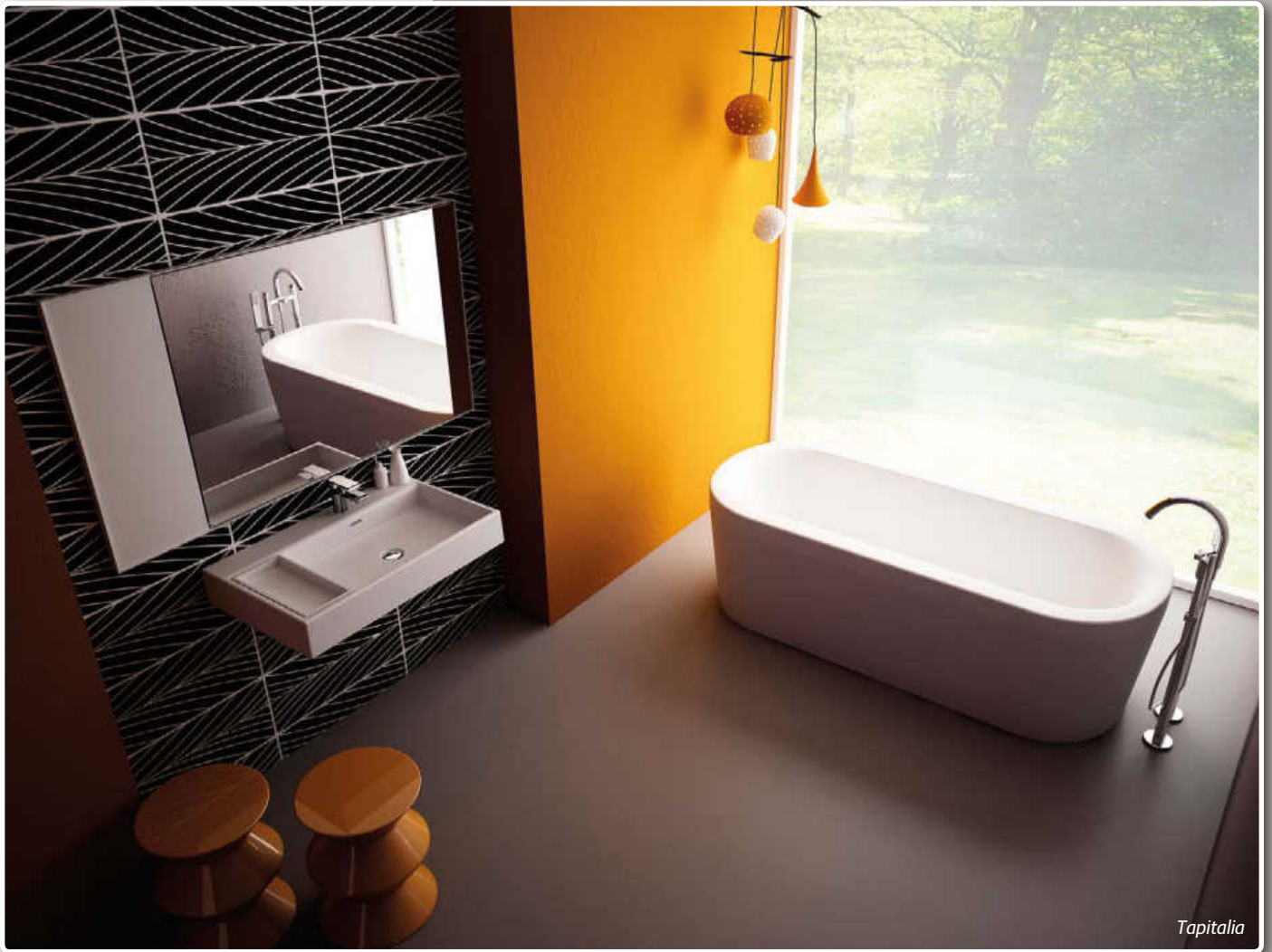
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Tapitalia



Bette by Bathroom Butler

Coming clean on bathtubs

As a common fixture in most residential homes and hospitality establishments, the bathtub stands as the anchor of most bathroom layouts. It remains an indispensable addition from both a practical and aesthetic point of view. However, it is also an immovable fixture, so it is important that you choose the right one to install from the onset.

Different types of materials explained

Bathtubs need to cater to several requirements – aesthetics, comfort, durability, maintenance, safety, and of course, price. What they are made from, will largely dictate how they accommodate each of these requirements. There are three main types of materials that modern bathtubs are manufactured from, namely acrylic, cast iron and pressed steel. Each material has its own set of advantages and disadvantages, and it is important to be aware of these before making your final decision. Below is an overview of the three main materials used to manufacture bathtubs:



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Acrylic: To their advantage, acrylic bathtubs are affordable, lightweight, and comparatively easy to clean and maintain. Acrylic material is also able to withstand high temperatures and ultraviolet rays without the risk of the material cracking or chipping. In terms of maintenance, all that is required is regular cleaning using a soft cloth and a non-abrasive cleaner, whilst a buff every few years can bring a dull, scratched bath back to its glossy former glory.

On the downside however, acrylic bathtubs tend to be quite flimsy, and their characteristic lightweight attribute often translates into a sense of "hollowness", which means they generally lack in premium quality appeal. They can also discolour over time, and are prone to scratches, most often from cleaning with abrasive compounds and scrubbers, and staining, especially from hair and clothes dye – all in all, adding to the fact that acrylic baths are not ideal if what you are looking for is high-end quality and long-term performance.

Cast iron: Cast iron bathtubs can be found in many older and heritage homes. And when homeowners renovate these old properties, they often tend to refurbish the original tubs, bringing them back to life for a fraction of the price of buying a new one. Cast iron tubs are made from iron, with a baked-on enamel surface – making them incredibly durable, and resistant to scratches and dents. The combination of a well-maintained beautifully polished surface with elaborate detailing means these baths have a unique character and richness that many modern day baths lack. However, their incredibly heavy nature means that they will inevitably put strain on the floor beneath them, often necessitating extra structural support, especially when on a second story. On installation, their heavy nature means you will require many more people to manoeuvre the bath into position than bathtubs made from

other materials. As a material, cast iron baths can come across as being bulky and chunky, as the profiling is rather thick. They are also comparatively expensive, and if they do manage to get scratched or damaged, they will require a pricey repair that will need to be done by a professional. Iron is also a great heat conductor, which means that hot water in these baths will not stay very hot for long.

Enamelled pressed steel: Created to be durable, easy to clean, and to offer premium quality that appeals to those with a discerning eye, it is no wonder that enamelled pressed steel baths have become the most prestigious type of bath currently on the market. Simply put, they are the best baths that money can buy. The material allows them to offer elegant design lines, with sleek profiles that often allow the units to be fitted in a fashion that is virtually flush with their surrounds for optimum contemporary appeal.

Enamelled pressed steel bathtubs are sought after due to the fact that their many advantageous features far outweigh their only drawback, which is their comparatively high price. Their list of benefits includes the fact that the surface is hygienic, UV-, impact-, fire- and scratch-resistant, as well as resistant to many chemicals and dyes, as well as being incredibly durable and really easy to clean. Another benefit of enamelled pressed steel baths is the fact that they can be manufactured with incredibly sleek profiles for a virtually flush installation, and they



*Bespoke Bathrooms
Photographer Diana Wemyss*



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are also available in a wide variety of styles and colour finishes, so there is sure to be something to suit everybody's taste, size and style requirements.

In all shapes and sizes

Bathtubs come in a plethora of various sizes, shapes and depths. Some are designed to make a stunning feature statement, while others are designed more for practical purposes. Some of the most popular types of bathtubs include:

The clawfoot bath: As their name suggests, these baths sit on four clawed feet. Antique clawfoot or ball-and-claw baths were made from heavy cast iron, but when it comes to modern replicas, the actual tubs are most often made from acrylic, while the ball-and-claw feet are made from heavy metal for added support and stability.

Recessed or alcove baths: These are arguably the most common types of baths. They are usually installed against a wall on two or three sides. Today, these kinds of baths are usually made from acrylic, but the units



Bette by Bathroom Butler

on the upper end of the spectrum are made from enamelled pressed steel. They can accommodate a shower as well.

Drop-in baths: These baths are dropped into a cavity in the floor or on a raised platform. Although they can make a visual impact, on a practical level, they can be difficult to get into and out of. Another form of a drop-in bath is what is termed as an overflow bath, which is designed to be filled to the brim and operates in much the same way as an infinity pool – creating a dramatic visual feature.

Freestanding baths: Essentially, a freestanding bath is one that doesn't connect to any walls for support. The most sculptural designer baths usually fall into this category, with the market being full of freestanding baths of all different shapes, sizes and materials.

Corner baths: Triangular in shape, the corner bath is designed to be fitted into a corner space like a wedge. They are an incredibly practical space-saving installation, and they are often enhanced with clever seating and storage areas and surrounds, and some even boast built-in water jets.

Spa baths: The spa bath was first introduced to the market in the late '60s, and it has been popular ever since. They boast a number of openings located in the wall of the bath, which stream air bubbles and/or jets of water to create a massage-type effect for optimum bath-time relaxation. They are very therapeutic and can be used to great effect to lower blood pressure, improve circulation, soothe tired muscles, improve back pain and more.

Walk-in baths: Designed for the elderly or otherwise incapacitated individuals who struggle to get in and out of a traditional bath, the walk-in bath features high walls and a seat in the tub, with a door that opens from one side to allow the bather to walk directly into the bath without having to step over the wall of the bath.



*Bespoke Bathrooms
Photographer Diana Wemyss*



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Falper - The George Collection



The basin delta

Bathroom vanities can make a major statement – both with regards to the aesthetics of the room, as well as the way it is used. When choosing your bathroom vanity, you will need to decide on cabinetry, basins and of course, what kind of countertop you prefer. Here is an overview to get you acquainted with the basics.

The cabinetry conundrum

Bathroom cabinetry is comparatively new to the bathroom space – it only started to be introduced in a mainstream way in the mid 1960s. It has evolved over the years, to become a staple in any well designed bathroom space, and it is easy to understand why – it not only provides much-needed storage, but it also serves to hide any unsightly plumbing, it offers users convenient countertop space when performing their ritual morning or evening bathroom tasks, and from an aesthetic vantage point, it really adds the finishing touch for a truly polished end result. Today, there are a number of trends driving bathroom cabinetry and influencing how it looks and how it functions. The most popular ones include:

Updated laminates are very popular at the moment – the new styles are a world away from the cheap and nasty laminates used for cabinetry in the past. The most popular laminates today are high-gloss, brightly coloured laminates, ideal for block colouring, as well as laminates that emulate genuine timber. With regards to the latter, the manufacturing technology has evolved to such an extent, that you really can't tell the difference between genuine solid wood and laminate timber cabinetry, it just comes in at a much more affordable price.



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Floating vanities remain ever in vogue –

offering a sleek and contemporary aesthetic, as well as being ideal for bathrooms of all sizes. The floating effect of these vanities creates the illusion of added space, as they do not break the visual line of sight on the bathroom floor.

Vertical cabinetry is another major trend – it serves to offer cabinetry space in small or awkward areas, or to stand in for bathrooms with floating vanities that don't offer enough storage space.

Bathroom furniture is the new term for cabinetry that does not necessarily look like traditional vanities, but rather like furniture that would be used in the rest of the home. These pieces will have added detailing, trim and feature hardware, which gives the unit a lived-in, non-standard vanity look.

Frameless cabinetry's lack of a face frame makes it easier to access the contents of the drawers, and also allows for the construction of larger drawers for more storage. Its seamless aesthetic is great for contemporary and modern bathrooms alike.

Integrated handles are making an enormous comeback from the '70s, especially in contemporary and modern cabinetry designs.

The basin delta

Aside from the fact that your choice of basin needs to complement the rest of your sanitaryware and bathroom décor; it also needs to be an appropriate choice with regards to who will be using it. You need to determine whether the basin in question will be used by adults, children or both?



Antique Bathrooms



Victorian Bathrooms

To a large extent, the answer will dictate the shape, size and material of the basin you choose. For example, an above-counter basin will be most suitable for adult-use, but it is not so practical for child users – where an inset or vanity basin might be easier for small hands to access.

Also, if you experience "rush hour" in the mornings, you may want to consider adding a double vanity – a trend that has not only become a mainstay in most en-suite bathrooms today, but one that is fast seeping through to the second bathroom as well. In general, there are two basic types of basins, with various sub-categories in each, that you can choose from, these include:

Wall basin: The wall basin is fixed directly to the wall with brackets. As such, it does not require a vanity for installation. Wall basins are an ideal choice for bathrooms where space is at a premium. The look of a wall basin can be enhanced through the addition of a pedestal or a shroud:

Pedestals: An optional extra for wall basins, the pedestal sits between the basin and the finished bathroom floor. It does not lie flush with the wall, but there is a small gap between the pedestal and the wall behind. Although the pedestal does not support the basin in any way, they are great at concealing unsightly basin plumbing.

Shrouds: Offering the same function and installation as a basin pedestal, a basin shroud is different in that it is shorter in length and does not reach all the way to the bathroom floor.

Vanity basins: Designed to fit into or onto a variety of vanity counters, the vanity basin is not a standalone product, but rather designed to complement the vanity itself. There are a variety of different types of vanity basins, including:

Self-rimming vanity basins: This kind of basin boasts a drop-in design that gets installed into a pre-cut opening in the vanity countertop. Boasting a self-rimming design, the edge of this kind of basin is usually wide or flared, and it is slightly raised from the countertop, which aids in controlling spills and splashes.

Above-counter vanity basin: As its name implies, these basins are installed on top of the vanity counter. They are ideal for tall people, as their rims are usually positioned at about waist level, and their added height can also be used to compensate for low bathroom counters.

Under-counter vanity basin: Installed underneath the vanity level for a streamlined, contemporary aesthetic. These basins can be fairly complex to install.

Inset vanity basin: Similar to the self-rimming vanity basin, these basins are installed into the vanity countertop, but create the illusion of being an above-counter basin.

Over the top

Vanity tops need to be able to withstand water, soap, toothpaste and cosmetics. They are available in a number of different materials, the most common being:

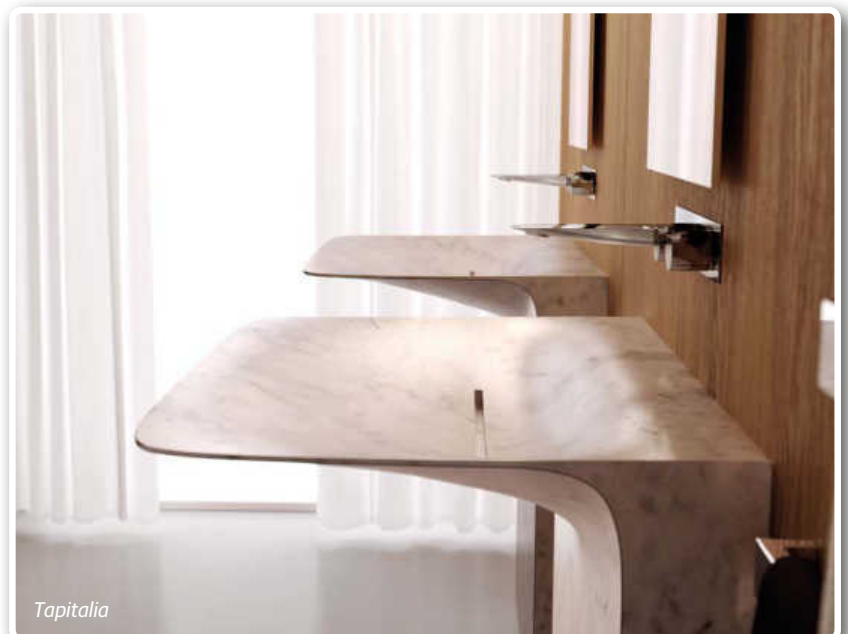
Granite and marble: Both these natural stone materials offer great aesthetics, they are incredibly durable, and they are impact-, fire- and water-resistant. However, they are positioned at the top end of the price scale and need to be professionally installed. Granite has the ability to shrug-off most stains, but since marble is a porous material, it is prone to staining.

Laminate: Offering great value for money, laminate is the top choice for any budget-conscious bathroom remodel. Laminates comprise chipboard that has been covered with a durable plastic layer, which has been glued down to the chipboard using high heat and pressure. The drawback to laminate tops is that they can burn, crack and dull over time. Also, if the water gets into the wooden layer below the plastic layer, the wood will swell and ruin the surface. They are available in a plethora of colours, patterns and textures.

Engineered stone: Made mostly of stone fragments (quartz) and a resin or adhesive, engineered stone can also contain recycled glass for a unique aesthetic.



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Easylife Kitchens

Solid surface materials: This countertop is made from a mixture of resin, or adhesive, and powdered bauxite (an aluminium ore) or marble. Colours can be added for a variety, allowing homeowners to choose a look that matches their design. Another benefit to solid surface materials is that this countertop can be formed into a shape that serves as both the basin and countertop all in one seamless design.

Tiles: Countertops in your bathroom space can be tiled for an attractive, durable and affordable finish. The main drawback of tiled countertop surfaces however, is the fact that the grout lines tend to trap dirt and encourage mildew.

Wood: Although wood is probably the least practical option when it comes to bathroom countertops, it does offer an incredibly attractive, warm and inviting appeal. It is also comparatively quick and easy to install. However, wood is inherently prone to water damage, and its porosity makes it difficult to keep clean. It can be sealed with a polyurethane or marine varnish to make it more water-resistant, but remember, you will need to maintain it to keep it looking beautiful.



Easylife Kitchens



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The finishing touch

Taps are often referred to as the crown jewel of a bathroom design, but selecting the right taps can be tricky as there are so many options on the market to choose from. Before you start it's useful to be aware of the different types of taps that are available.

Faucet controllers

Bathroom taps can be broken down into three main categories.

Pillar taps have two separate taps, one for hot and one for cold water. Although these taps have a quaint old-world feel, they are not as practical as their modern counterparts and are often used when budget is an issue. The main reason that they lack in practicality is that you can't run warm water, as the water streams don't mix. They also take up a lot more space than mixers.



Mixer taps are the most popular choice as they are extremely functional. They draw water from both the hot and cold water pipes and mix the two flows before they emerge at the selected temperature from a single spout. Mixer taps come in a range of configurations, ranging from the use of a single lever to control the temperature, to a more traditional two-tap version, and the high spout options commonly used to complement above-counter or vessel basin installations. Bath mixer taps often have the functionality that allows the user to switch the water flow from the taps to a shower attachment.

Intelligent taps are the future of faucet control. Although still at concept stage,

these futuristic designs will allow the user to control water temperature and flow digitally. Offering the ultimate personalised bathing experience, the top-of-the-range designs will be able to recognise the user by means of face recognition software, and will automatically adjust to the user's specific settings.

Mounting options

There are four ways of mounting bathroom taps – these include:

Deck-mounted taps are attached to the actual basin or bath itself by means of pre-formed holes in the sanitaryware. Pillar taps and mixer taps can both be deck-mounted.

Wall-mounted taps are a good solution for baths and countertop basin installations. Because the taps are mounted on the wall, they free up a lot of space around the bath and vanity areas. The disadvantages of these taps is that they are comparatively labour intensive to install, as the plumbing has to be chased into the wall behind the taps. Also, if there are problems with the pipes later on, plaster and tiles will need to be removed to access them.



Counter-mounted taps are a popular mounting choice if you're using an above-counter basin or vessel sink. The fitting is installed on the vanity surface, so you have the flexibility of choosing a position that best suits your basin design and personal usage preferences. Pipes usually run down through the bathroom cabinet below, making them easy to access if there are any problems down the line.

Floor-mounted bath mixers are stand-alone units used when the bath cannot accommodate a deck or wall mounted tap, in the case of a freestanding baths that is situated in the middle of a bathroom for example. They are very in-vogue at the moment, and come in various designs and sizes, and most offer a built-in shower mixer as well.

Choosing the right style

The wide range of taps on offer can sometimes seem overwhelming. But by simply combining your own personal taste preferences with the functionality you require, you can narrow down the choice quite dramatically to make the process a little easier. Here are some tips on how to find bathroom taps that are perfect for you:

Use the tap as a starting point: If you're struggling to come up with a bathroom theme, try selecting the taps first and use them as the inspiration for your bathroom design.

See what's available: If you already have a style in mind, make a mood board and take it to your sanitaryware supplier where all the options are on display. In this way you will get



a realistic idea of the finishes and sizes of the fittings and get a better understanding of what's out there.

Remodelling: If you're refurbishing an existing bathroom, make sure that the tap matches the overall existing design. Choosing a tap just because you like it may not have the desired effect once combined with another style.

Finishes: Keep in mind that although polished finishes such as chrome are elegant, they require a lot of upkeep to keep them looking shiny and new. Brushed finishes are more practical as they hide fingerprints and watermarks. With a variety of finishes to choose from, it's often easier to forget about what metal the tap is made of and concentrate on the look you're trying to achieve.

Look at the prices and guarantees: Don't go for the cheapest options - they may end up costing you more in the long run. Always look at the guarantees as these give a good indication of the quality of the tap.

If you're retrofitting an existing bathroom and need to keep your costs low, you will have to match the type of tap to your existing taps, which may limit your options. If you're prepared to re-plumb and re-tile the surrounding areas, and don't mind replacing basins and baths that have the tap holes in the wrong position, then this will not be a problem.



The Perfect Match!

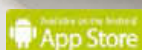
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The porcelain throne

We all use them but seldom talk about them. Toilets are one of the most used bathroom fittings in the bathroom, but when it comes to choosing a new toilet, how much do you really know? Toilets have come a long way since outhouses and pull chain toilets, and while we all use toilets on a daily basis, the humble toilet often goes quite unnoticed. However, they remain an integral part of any bathroom space, and if chosen correctly, they can save you thousands on your water utility bills

Types of toilets

While there are many types of toilets currently on the market, as a general rule of thumb, toilets can be broken up into three main groups, namely:

Close-coupled toilets: Close-coupled toilets consist of an exposed cistern that is conveniently attached to the bowl of the toilet – making the bowl and cistern of the toilet one complete unit. The pipes of the toilet are usually concealed in the casing of the whole unit, making for a very neat and streamlined aesthetic, as well as allowing for easy, fuss-free installation. This type of toilet is also usually



Fresh air for everyone

Second in the bathroom – tough luck! Not anymore, with Geberit's DuoFresh unit which extracts the smell straight from the toilet bowl. DuoFresh brings a whole new freshness to the bathroom as it extracts nasty odours from the bathroom without you even knowing it is there, as it's cleverly concealed within the cistern behind the wall. Even a bathroom that is poorly ventilated will be left with pure fresh air, as active carbon filters clean the air and resupply it to the room. Rather than simply masking an odour with air freshener, any lingering unpleasant smells are dealt with directly in the toilet bowl, where clean air is gently expelled as soon as the push-button on the flush plate is activated.

The energy-saving odour extraction unit is activated by a touch of the button located on the upper edge of the Sigma40 flush plate and switches off automatically after 10 minutes or you can switch it off yourself. The unit boasts an LED display which indicates when the carbon filter needs to be changed. The DuoFresh is easy to install and as with all Geberit cisterns, is compatible with a wide selection of wall hung ceramic toilet bowls.

quite affordable, and will fit right up against the wall, making for simple cleaning.

Back-to-wall toilets: These types of toilets are fast gaining popularity for their slick aesthetic and space saving design. Back-to-wall toilets consist of a separate bowl and cistern, where the cistern is often installed within a piece of furniture or more popularly in the actual wall behind the toilet bowl. This allows for a toilet that takes up a small amount of space and looks very modern and slick. In-wall cisterns also boast quite a few benefits, while obviously being a space saving option, they also make for a quieter flush.



Wall-hung toilets: Wall hung toilets are a very similar concept to back-to-wall toilets in that they also contain a hidden cistern, but instead of the bowl being installed on the floor, the bowl of a wall-hung toilet is mounted directly on to the wall. This mounting creates a "floating effect", which visually maximises space as the floor below the toilet is open. Looking modern and stylish isn't the only perk that this sort of toilet has, it is also one of the easiest types of toilets to clean around, as it doesn't obstruct the bathroom floor at all.

Flushed away

A very important component of toilets is the flushing mechanism. While the most commonly known flushing device is the toilet handle, flush plates are fast gaining popularity. A flush plate is a wall-mounted flushing mechanism most commonly used with toilets that have hidden cisterns. Flush plates are very modern and unobtrusive in design. They are generally installed onto the wall above the toilet bowl. All the actuator or flushing plates boast a dual-flush mechanism, which is water-saving – for a single flush, four litres is used for liquid waste, and for a double flush, six litres is used to flush away solid waste. Due to their rising popularity flush plates are available in many different styles, so finding a style that suits your bathroom won't be a difficult task.

Luxury loos

While the concept of luxury toilets is still quite foreign to us, this Japanese-founded trend is slowly gaining momentum in the West as well. Luxury toilets merge the idea of technology, luxury, hygiene and classic toilet design, with the aim of making the toilet-using experience as easy and comfortable as possible. Some features that are very popular in luxury toilet design include water jets with adjustable temperatures, warm air-dryer fans, heated seats, and toilet seats that open and close at the touch of a button.



Sanitaryware supplements

While the classic toilet is by far the most common fixture in modern residential bathrooms, there are two other complementing fixtures that are also worth a mention:

Urinals: Urinals usually come in the form of a wall hung, porcelain bathroom fitting. Urinals are used for male urination, and can often make for a faster and easier bathroom use for men.

Bidets: Bidets, while not common in South Africa, are extremely popular in many European and Asian countries. Bidets look like toilet bowls without a lid and a small tap at one end, and they are used for personal hygiene after one uses the loo. Bidets are popular for their improvement of personal hygiene, as well as being an easy method of after-toilet hygiene for everyone, especially injured or old people.



Vaal

SANITARYWARE

Since 1946 when Vaal took to producing ceramic sanitaryware, the range has continually improved and changed to accommodate the needs of an increasingly sophisticated market. One thing that has remained constant, however, is Vaal's commitment to quality and durability and the fact that every product is designed with comfort and aesthetics in mind.

Today Vaal's range of basins, bidets and toilets represents the successful culmination of years of research and development. When you purchase a Vaal product, you can be confident that you are getting the best in quality, durability, comfort and style every time.



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WATER TECHNOLOGY

Bathroom accessories are often overlooked in the initial planning stages of bathroom design. However, they play an essential role in any bathroom space - both in how they make the space more usable, as well as how they add to the overall design aesthetic of the space.

It's the little things...



WhiteHouse

When it comes to bathroom design, what sets a mediocre bathroom apart from one that really has that "wow" factor is the choice of accessories and lighting.

It is these finer aspects of the room's finish that can bring much-needed functionality, convenience and luxury, both in a tactile and aesthetic sense, to a bathroom space. However, these fixtures are often overlooked during

*Bathroom Butler*

the planning phase, which can often lead to you going over budget. Careful consideration of what needs to be included in this department should not be disregarded, and remains a quintessential necessity in any bathroom design.

Bathroom accessories

There are the "basic eight" bathroom accessories that no bathroom can go without – these include towel rails, bathroom shelves, toilet paper holders, towel rings, soap dishes, toothbrush holders, toilet brush holders and robe hooks. However, if you want to go the extra mile, there are various other accessories that can be included to take the room to the next level and transform your bathroom into a luscious and practical oasis. Some of these include shower accessories, such as shower and soap racks, free-standing towel rails to accompany free-standing baths, and foot rests for example. If your bathroom is going to accommodate elderly or disabled users, you might want to consider things such as grab rails and shower seats.

Heated towel rails are another wonderful inclusion, and although most people consider them to be a luxury provider of warm towels, that is actually not their main purpose. The fundamental use of heated towel rails is to ensure deliciously dry towels whenever they are required. This makes them a great addition for bathrooms located in very hot and humid, or very cold climates. They also add to the overall hygiene of the room, as they negate the possibility of bacteria multiplying in damp towels, as well as reducing your energy consumption as you won't have to waste electricity washing your towels that often, or use a tumble dryer to dry them. Contrary to popular belief, heated towel rails do not have to be energy guzzlers – if you choose heated towel rails that function using Dry Element Technology (DET), they require a very meagre amount of electricity to perform. This is because DET allows for rapid heat-up times and offers the ability to control the temperature settings to suit the climate for all-year-round functionality, as well as being able to switch them off and on when required.

An important thing to consider when choosing bathroom accessories is to choose ones that have a mounting system that ensures a durable and steadfast installation. Traditionally, bathroom accessories are attached to the bathroom wall using grub screws. However, this often poses a problem – since bathroom accessories have a largely functional use, the screws holding them in place need to be regularly tightened in order to keep them firmly secured. Today, however, you can invest in bathroom accessories that boast installation systems designed to keep them securely locked in place.

*Bamboo scale from Legend Housewares*

Another consideration is what the accessories are made from. Chrome-plated accessories are more affordable than others, but bear in mind that if you choose these, the major drawback of chrome is that even though it offers a beautiful, highly polished aesthetic, there is always the possibility that it would eventually flake and peel. Today, the material of choice is stainless steel – it doesn't rust, flake, peel or dull, and it is exceptionally strong and easy to maintain and clean. Stainless steel bathroom accessories come in two main finishes – polished (shiny) and brushed (matt).

Bathroom lighting

When it comes to interior lighting, bathrooms are probably given the least consideration of all the rooms in the home. However, as the bathroom evolves into a place in which to unwind and relax, so is the lighting in this room being given its due. It is no use adding all the spa-like luxuries, if the room doesn't offer a relaxing ambience in which to recharge your batteries – and what better way to set a mood in any space than with a well thought out lighting design.



Gio Bella

By law, all lighting in any bathroom needs to have an IP44 rating, which means that the fitting is sealed and splash-proof in order to withstand the often wet and humid conditions inherent in a bathroom space. Without IP44-rated light fittings installed in your bathroom, you will not be able to get a Certificate of Compliance from your electrician, which you will need if you want to sell your home. This aside, it can be very unsafe to install lighting that is not designed for wet areas in your bathroom. Note as well that if you would like a downlighter installed above your shower, this fitting needs to be a 12 Volt fitting (with a transformer) and IP67 rated, which means the fitting is waterproof.

Any good lighting composition comprises a series of layers – the various layers can be broken up into two main categories – namely task lighting and ambient lighting. As such, the function of the lighting in question will dictate what type of light fittings you will need to install.

Heating up the bathroom

Underfloor heating in the bathroom can go a long way to turning this room into a luxurious retreat, especially in the colder winter months when it really comes into its own. However, it is best done during a major renovation, as in order to install this little luxury, you will need to rip out all the existing flooring, so that you can lay the underfloor heating system underneath.



Gio Bella



Victorian Bathrooms

A hot trend

Heated towel rails are a staple of any in-home spa worth its salt – they are comparatively slightly more expensive than a normal towel rail, but offer the added benefit of ensuring that your towels are deliciously dry whenever you need them. When looking for heated towel rails, be sure to choose one with a temperature control, as being able to control the temperature settings plays a pivotal part in increasing its energy efficiency. Thanks to Dry Element Technology (DET), all Bathroom Butler's heated towel rails come with built-in temperature controls, so that you can adjust the heat on the rails to suit the weather conditions, as well as your personal preferences. Bathroom Butler offers two main temperature controls, including: **Personal Temperature Selection (PTSelect) Switch:** This is a switch that allows you to manually adjust the temperature of the heated towel rail, as well as being able to switch it on and off. This can reduce running costs by as much as 60%.

Total Digital Control (TDC) Timer: Although all of Bathroom Butler's heated towel rails are able to run 24/7, the TDC Timer allows you to conserve energy by as much as 75% by programming the heated towel rail to switch on automatically when needed, and to switch off when the job is done. It also allows you to switch it on and off manually.

Underfloor heating in the bathroom can be a major selling point however, as the bathroom is usually a place where you don't have the benefit of being warmly ensconced in layers of clothing, and tiles underfoot can make this space a very cold space to be. However, once installed, underfloor heating offers an undeniable appeal – it can really change your winter experience of your bathroom from unpleasant to inviting.

If underfloor heating is a little beyond your budget however, then you may want to consider installing a bathroom heater. And while the comfort provided by heating in the bathroom is a very welcome luxury, the bathroom remains a very functional space as well. As such, it is also important to have a good source of lighting and air circulation. An excellent solution is to install a bathroom heater-light-extractor unit, otherwise known as a 3-in-1 combo unit.

Bathroom 3-in-1 units are an all-in-one lighting, extractor and heating solution, which has been specially designed for the hot, wet and humid conditions prevalent in bathroom spaces. The 3-in-1 combo units offer three useful functions in one unit – they come with a built-in extractor fan for optimum air circulation, as well as infrared globes that supply lighting and warmth.



Bathroom Butler

They are rustproof and purpose-built for steamy and wet areas, so they are safe, durable and long-lasting. This means that you can create heat and bright light at the flick of a switch, but at the same time, you can also turn on the extractor fan, to keep the bathroom clear of steam while you are showering. Another benefit is that these units are an incredibly streamlined, space-saving solution that requires only one installation point in order to perform all three functions.

Most 3-in-1 units are specially designed for installation in the bathroom ceiling for a streamlined and space-saving aesthetic. You no longer have to install a heater on the wall, a separate light overhead, and then fit an exhaust fan in the room as well. They are perfect for small bathrooms, but they work just as well in larger bathrooms. However, as they are recessed units, they cannot be installed in cement or concrete ceilings, nor can you install them vertically on the walls.



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GROHE • DAWN

WATER TECHNOLOGY



Image courtesy of APE Ceramica (Spain)
Available from Casabella

Tiles forever

Tiles are one of the most effective ways of ensuring that your bathroom's aesthetics hold their glory for years to come, and they also help make it an easy space to clean.

In the past, tiles were produced by hand and were only used to decorate public buildings and the homes of the elite. It's only in the last couple of centuries that this simple, yet highly effective material has become available to the general public.

Today, tiles come in numerous price points, sizes, colours and designs, making the design possibilities endless and ensuring that there is something to virtually every conceivable taste and budget preference. Each year sees new trends and décor ideas taking hold – here is what's making headlines in the tiling world at the moment:



Casabella

Feature floor tiles

Introducing feature floor tiles to a bathroom is a great solution if you want the floor to be the focus of the bathroom design. When using a feature floor tile, it's best to keep the rest of the room clean and simple, so that the space does not become too overwhelming. This is particularly important if the bathroom is small. Here are some options when choosing tiles for a feature floor:

Go geometric: Choose vibrant colours and geometric designs reminiscent of the '70s to create a statement, or alternatively, opt for the more subdued black and white geometrically shaped tiles of the '20s if you're going for a more classical appeal.

Ethnic touch: Find tiles that reflect an exotic part of the old world – there are hundreds of regions to choose from: Spanish, Mexican, Moroccan, Turkish and so many more. These interesting and intricate patterns conjure images of faraway places resulting in a bohemian-inspired and exotic bathroom retreat.

Splash of colour: Use a monochromatic tile in a bright colour, such as post office red or lime green for example, in order to make the bathroom composition pop. This method is most effective when the rest of the space is decorated in crisp white or another light, neutral tone, and the bright tiles are used sparingly as accents or borders.

Quilt effect: Decide on a simple colour scheme, and choose different tiles within the chosen colour range for a mix-and-match patchwork effect. Black and white tiles are a good choice for this particular type of effect, as too many colours and patterns can look messy if not arranged correctly.

Classy glass

Glass tiles are relatively new to the South African market and are becoming ever more popular as a bathroom tiling option. With their endless variations in colour, size and texture, they are perfect for walls, backsplashes and even bathroom floors. Most manufacturers recommend using smaller tiles for the floors as this distributes weight more evenly and avoids cracking. Glass tiles can also be very slippery when wet, and are prone to scratching, so it's best to use either a sandblasted version or glass mosaic tiles on large floor surfaces. Some of the glass tiles that are available are made from recycled glass, giving them soft, natural colours, as well as making them an



Tile Africa



Casabella

environmentally friendly choice. As interest in this tiling option grows, so too do the colour choices that are available – today, you can even purchase a glass tile that changes colour as the temperature of the room changes!

As good as wood

Drawing design inspiration from nature is the perfect way to soften and warm the bathroom area. Because wood is not the best option for the damp conditions inherent in any bathroom space, tiling manufacturers have designed ceramic tiles that look and feel as good as the real thing. Wood effect tiles capture the beauty of natural timber and combine it with the durability and ease-of-maintenance of ceramic tiles. They come in a variety of sizes and styles and most of them include a texture making them difficult to distinguish from the real thing.

Mind the gap

Grout is no longer just a means of filling the gap between tiles – it has become an essential element used to pull the bathroom design together. Designers have discovered the creative possibilities that grout offers to highlight the way in which a tile is laid and to show off different tiling techniques. Contrasting grout is being used to create a modern spin on the traditional tiling techniques, especially with regards to the subway tile trend. Most tiling stores offer up to eight colours in neutral tones, ranging from pure white to dark grey, but online dealers are now offering many more colours, including dark red, yellow and pale green to name a few.

With tiling fashions and trends changing on a monthly basis, it's important to make your tiling choice for the right reasons. If you're redoing your bathroom for your personal satisfaction, then you can be as creative as you like. If you're redecorating to add value to your property, it's best to stick to light, neutral colours that are timeless and offer maximum commercial appeal





Hot and steamy



Finnish sauna - Arja by Teuco

Strikingly simple and at the same time stylish and sophisticated. With its alternating glass and wooden walls it draws its inspiration from the Scandinavian style where dry saunas are part and parcel of everyday culture. All models feature the innovative Biosauna technology, which entails a treatment that combines the characteristics and benefits of a dry sauna with those of a steam room. A touch screen control panel, situated outside the cabin, allows you to set the temperature and humidity levels as well as treatment duration. For an even more enjoyable sauna experience, the entire range features the Cromo-experience function and an essence dispenser for aromatherapy.



Tapitalia

While often regarded as purely lavish installations – saunas, steam showers, showers with added water jets and spa baths often offer more than just a luxury bathing or showering experience – they are good for your health as well. While it is a little known fact, these luxury instalments can actually offer a variety of health benefits, making them well worth the splurge.

Saunas

Saunas usually comprise a comparatively small room, which is clad in raw timber and is warmed up to very high temperatures by throwing water on incredibly hot stones. While both luxurious and relaxing, this gentle persistent heat also has a number of health benefits that will make you consider a sauna for your home. These include:

Toxin terminator: While it's not a secret that saunas make you sweat, what most people don't realise is how good sweating can be for your health. The process doesn't just allow for your skin to cleanse its pores, but it is also known to help your body release toxins through increased blood flow and the actual process of sweating.

Rest and relaxation: Saunas are very relaxing, and as they require a bit of downtime in a distraction-free space, they are really good for your mental health, especially if you lead a stressful and busy life. While definitely helping you relax, saunas also help relieve any stress or tension in your muscles and joints by releasing endorphins and promoting blood flow, which is known to reduce pain. Saunas are also an excellent after-sport therapy for better muscle health, as they help your body flush out excess lactic acid, which causes stiffness, as well as other toxins in your muscles.

Healthy blood flow: The heat in a sauna causes your body temperature to rise, and subsequently causes your veins to dilate and your heart to pump a bit harder. While not strenuous on your cardiovascular system, it does promote a healthy heart.

The sweating, increased blood flow and heart pumping also requires a lot of energy –meaning that saunas can even aid you in burning calories while you relax.

Steam showers

Steam showers are a concept that has been used since ancient Roman times, and the fact that they're still in use today, proves that they have real health benefits. Steam showers comprise an enclosed tiled room with a built-in steam generating system. Often found in gyms, steam showers can easily be installed in residential homes as well. They can even be incorporated into a complete shower unit. Some of the many health benefits that steam showers boast are:



Breathe easy: The warm, moist air created by steam showers is a great treatment for lung and sinus infections, as it opens airways and allows you to breathe easier - thereby shortening the duration of any infection. Steam showers are also great for people who suffer from other breathing problems, such as asthma for example, as breathing in warm, moist air is the ideal natural way of taking strain off your lungs.

Clear skin: Steam is a fantastic means of improving the condition of your skin. The heat from a steam shower can help open up your pores – making it easier for any trapped dirt to be washed away. The moisture from the steam also helps aid in cleansing out your skin and improving its overall appearance.



In full flow: Much like saunas, the heat from steam showers is very effective in increasing blood flow, flushing out toxins and increasing one's metabolism to help with weight loss and improving your overall cardiovascular and lymphatic health.

Water jets

Water jets can be found in spa baths and luxury showers. They use a combination of water and air to deliver strong jets of water and massaging air bubbles to your body. Otherwise known as a form of hydrotherapy, water and air jets are often used to treat a number of different ailments and health problems, and as a means of increasing your blood flow. Some other benefits include:

Loosen up: One of the main benefits of hydrotherapy, whether it is enjoyed in a shower or a bath, is its ability to help relax and loosen up your muscles. Hydrotherapy uses jets of water, which are usually adjustable in strength, to help massage and release tension in your muscles.

Painkiller: Hydrotherapy helps promote blood flow in your body, as well as massaging your muscles – this combination is known to often relieve pain from muscle and joint injuries, as well as in sufferers of arthritis. Hydrotherapy baths

are especially good for people who are recovering from serious injuries, as they allow you to lie back and enjoy the passive health benefits they afford.

Just below the surface: Hydrotherapy is also great for the skin – a combination of jets of air and warm water allows for more oxygen to be absorbed by the skin. It is also a good way of thoroughly cleaning your skin of any pore-blocking bacteria, dirt or germs – making for younger looking and feeling skin.

With all these health benefits, as well as the added bonus that it has a real propensity for relaxation – one can only gain from installing saunas, steam showers and spa baths in your home and reaping the rewards to some daily hydrotherapy.

Choosing a contractor

Rudi's Choice has released The Marble Collection - a curated selection of the world's finest marble surfaces by brand namesake Rudi Eggers.

"We've seen marble take the spotlight over the past 2 years as designers, homeowners and even fashion designers have been inspired by this beautiful stone," says Rudi's Choice marketing director, Trevor King.

The Marble Collection now offers 17 unique marbles personally sourced from around the globe by CEO and natural stone expert, Rudi Eggers. The Marble Collection recently added the classic colours Pietra Grey, Rain Gray, Volakas, Nero Marquina, White Dune and Bianco Cielo to the Rudi's Choice stable.

Marble slabs are most often used for flooring, fireplace surrounds, bathroom vanities, wall cladding, backsplashes or even feature walls.



Congratulations! You've finally decided to take the plunge and redo your bathroom. This is one of the best investments you can make in terms of adding value to your home, so take your time when deciding on a contractor. Here are a few steps to help you make the right choice:

Word of mouth

Searching the Internet or the newspaper is not necessarily the best way to find a good contractor. The best contractors don't have to advertise too much, as they usually get a lot of referrals from satisfied clients. Ask friends, colleagues and neighbours, or place a message on your neighbourhood Facebook page to see which consultants are recommended. Ask what made the experience a good one and if they would use the same contractor again.

Credentials

Once you've made a list of people that you feel could handle the job, ask them for their credentials. Ensure that the contractor belongs to a builders association. Master Builders South Africa (MBSA) is the leading national representative body in the building and construction industry in the country. Also, make sure that their plumbers belong to a reputable institute. The



Rudi's Choice

Institute of Plumbing South Africa (IOPSA), for example, offers the consumer the following benefits:

The institute has accredited all members, ensuring that their workmanship is up to standard. The plumbers that belong to the institute have access to the latest in technical support. Consumers can contact the institute if there are any problems with the standard of workmanship carried out by their members, and they will take responsibility and sort out the problem.

The IOPSA has guidelines of plumber service rates to ensure that you are not overcharged.

Face-to-face

Once you've narrowed down your list to well-recommended contractors with the right credentials, it's time to interview them. Speak to at least three candidates to establish which one you can relate to best. It's important to get the feeling that the contractor is a good listener and is on your side. You need to trust the person that you're working with and not feel intimidated by them.

Get cost estimates

Estimates are free and these can give you a good indication of what the job will cost. Present the same job and specifications to all of the contractors so that you can compare "apples with apples" so to speak. Take the time to choose materials and fixtures yourself, as you may not agree with the quality or finish chosen by the contractor. Be wary of a contractor that comes in with an estimate that is substantially cheaper than the others, as the old adage of "getting what you pay for" often rings true. In fact, homeowners who settle for rock-bottom prices are often not as satisfied with the final product as those who are willing to pay more.

Double-check

Once you've established a rapport with a contractor, ask for references and phone former clients to see if they were happy with the work they did for them. Ask the following questions:

- Was the project on budget?
- Did the job finish within the specified time bracket?
- Were they happy with the final outcome?



- How did the contractor handle setbacks and glitches?
- Was the contractor flexible with unforeseen changes?
- What was the building team like? Did they clean up after work each day?
- Was there anything that could have been handled differently?

Check the contract

Once you've appointed a contractor, examine the contract carefully before signing. If possible, get someone with legal knowledge to look over it for you. Make sure that the document includes the following:

- Site plan
- Plan of the new bathroom layout.
- Payment schedule with a firm overall price.
- A detailed work schedule showing when each task will be completed.
- Make sure that electrical work is included in the budget.
- Ensure that the clean-up and removal of rubble is included in the overall fee to avoid unpleasant disputes arising once the job has been completed.
- A dispute resolution clause.
- Warranty for fixtures and workmanship
- A waiver of lien preventing subcontractors and suppliers from taking possession of your property should any invoices go unpaid.

Remember to take your time on the design of your new bathroom, and to make sure that you're 100% happy with the layout before work commences. Making changes to the plan once work has begun can be costly and can result in lengthy delays.



Inspired by nature

A new faucet colour brings the look and feel of an elegant spa to the bathroom. Warm Sunset is its name, and it adds something special to Grohe's new Grandera collection, the shimmering rose gold surface radiates a sense of relaxed wellbeing. Products available in Warm Sunset cover all areas of a spa bathroom. As well as single-lever mixers and twin-lever faucets, there are shower and tub mixers, thermostats, free-standing tub fillers, a bidet faucet, and head and hand showers complete with matching shower rails and wall brackets. A decorative range of accessories from towel holders to soap dispensers and robe hooks completes the collection.

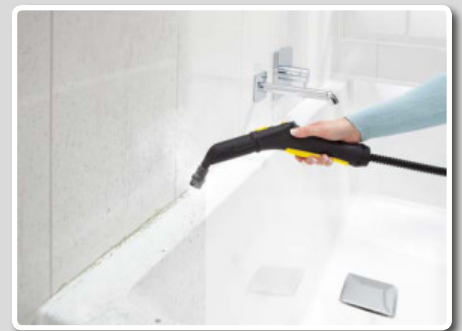
www.grohe.co.za



Music in the shower

Grohe and Philips Sound unveiled the Aquatunes waterproof Bluetooth speaker, bringing an immersive musical experience to your shower or bathroom. The loudspeaker does not take up any shelf space – just attach its holder directly to the shower rail, lock it in place and turn it on to enjoy the music. It's easy to connect the speaker by pairing it with any smartphone, tablet or Bluetooth-enabled device. And with a range of up to 10 metres, it's simple to keep the playing device safe and dry. CE-certified and 100 percent waterproof, the loudspeaker easily withstands not only the jets of water but can also handle falls from a height of up to 1.5 metres.

www.grohe.co.za



Green cleaning

Cleaning machines and chemicals are essential aids in the home. By harnessing the power of steam and making the right choices when it comes to cleaning appliances, consumers can minimise the impact on the environment through minimising power and water consumption, reducing or eliminating chemicals and reducing noise and waste. The renowned Laboratory Enders for Medical Diagnostics in Stuttgart has confirmed that Kärcher steam cleaners remove 99.99% of all common household bacteria from hard surfaces using just steam and without the use of chemicals. The high temperature of the steam and excellent moisture penetration of the cloths reliably eliminate bacteria. For a healthy – and child-friendly – living space. The versatile Kärcher SC1020 steam cleaner will help you clean everything from shower mould to greasy deposits, dirty grout, stove tops and ovens, windows, tiled and laminate floors, iron clothing, and upholstery.

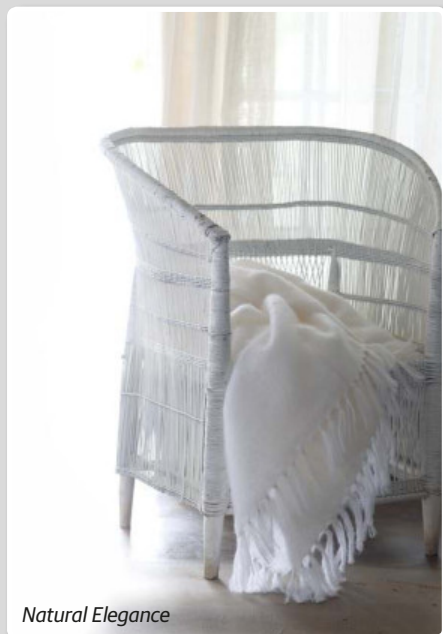
www.karcher.co.za

For a beautiful bathroom

For a successful renovation or new bathroom, it's imperative to ensure that your drainage products specified and installed are the correct products for your project. Expand a Drain previously designed and manufactured shower floor channels and have recently introduced their Shower Corner floor drain. This compactable drain allows for a corner installation where space and safety are required. The corner drain is installed in the corner of the shower and hence will allow the contractors to supply a safer floor level slope for you to stand on.

www.expandadrain.co.za





Natural Elegance



Beautiful Story



Song on the Radio

Pure luxury

Hinterveld throws and blankets are made from one of the world's most lustrous sustainable natural resources, Kid Mohair.

Natural Elegance range: A delicate blend of Kid Mohair and Silk, the Natural Elegance range is the pinnacle of pure bliss. This classic yet minimalist weave offers a timeless trio of soft colours and natural fibres combining to create a subtle yet elegant finish, with the hand knotted detail evoking style and elegance. This range will add a touch of splendor to any home.

Beautiful Story range: A playful friendship of neutral and bright colours, understated patterns and contemporary designs, bringing an element of natural beauty and character to any home. As life's moments are interwoven, these blankets and throws, with their timeless charm and gentle touch, are made with great care to compliment and capture the essence of home. A marriage of elegant tones and the softness of desirable Mohair, the Beautiful Story range continues to gently unfold as each new chapter begins.

Song on the Radio: Like a song on the radio stirs a memory once lost, these poppy classics make moments fun and memorable. Song on the Radio combines the best of the old with the best of the new. A bouncy woolly handle combined with trendy colours and trimmed with a plain fringe. This is the happy blanket for all occasions. These beautiful blankets and throws, manufactured in South Africa will enhance any living room, office and bedroom.

www.linendrawer.co.za

Shower channels

Geberit has developed new, easy-clean shower channels that are just as easy to install as a normal floor drain. The CleanLine shower channels can be placed against the wall or in the middle of the shower area. The shower channels, which are made of brushed stainless steel, are available in different variants and in lengths of either 0.9 or 1.3 metres. They can then be cut to the desired size during installation. Once installed, a shower channel acts as an open profile in which water collects and flows to the inlet connector. The shower channels can be cleaned in next to no time. There are no hidden edges and no corners in difficult-to-reach places. And what's more, the short inlet connector cover with integrated comb insert can be removed and cleaned in no time at all.

www.geberit.co.za



BEAUTIFUL BEDROOMS

Winter 2015



TIDE

SHOWCASING THE LATEST TRENDS AND DESIGNS FOR IDEAS AND INSPIRATION
INTERIOR and ATMOSPHERE | BEDS and MATTRESSES | STORAGE



Quality Range - Baroque Oxford Taupe

This range has a taupe colour and is manufactured from pure combed cotton in a 200 thread count percale construction giving an exceptionally smooth, crisp and luxurious handle to the fabric. The pillow cases and duvet covers of this range are stitched with an oxford border.

Setting the mood

Bedrooms are our own personal sanctuaries, so it's important to know how to achieve the mood you want in order to ensure that you're getting the most out of this space.

Bedrooms are an important and very intimate space in our homes – it is a room that's a sanctuary, and a space where one can retreat to in order to find reprieve from the stresses and strains of everyday life. As such, creating the right mood in your bedroom is important, and while it might seem tricky, once you know all the tips and tricks, you'll easily be able to create a space that promotes relaxation and repose.

Dim the lights

Lighting is one of the most common ways to create an inviting ambience or to influence the mood in a room. As bedrooms are a place for rest and relaxation, very bright,

obtrusive lights, such as cold blue globes or fluorescents for example, are out of the question. Softer, dimmer lights are usually favoured in bedroom spaces as they set a serene and calming mood. While bedside lamps are good for producing more direct task lighting for reading, the main light need not be bright. In fact, it is a layered lighting composition that is the ideal answer when it comes to creating a bedroom lighting design – it will comprise of task, ambient and accent lighting.

As its name implies, task lighting must be bright in order to illuminate the space for various tasks, such as reading, choosing clothes from your cupboard, putting on your make-up, and so on. Floor, desk and downlights are ideal for task lighting. Otherwise known as general lighting, ambient lighting illuminates the overall space in a room and sets the mood. Feature pendant lights, such as chandeliers for example, are a great source of ambient lighting and are best installed with a dimmer switch. Lastly, accent lighting adds drama to a room by creating visual interest. As part of an interior design scheme, it is used to draw the eye to houseplants, paintings, sculptures and other prized possessions. It can also be used to highlight the texture of a brick or stone wall, window treatments or outdoor landscaping. A good idea is to use a separate switch for each layer of lighting, so that they can each be controlled individually.

Colour therapy

Colour is an effective way of creating an appealing mood in your bedroom space. The colour you choose to paint your walls can really transform the space. In general, most people would like to create one of three moods in their bedroom space, namely:



TIDE

Dramatic: When trying to achieve a dramatic ambience in the bedroom, rich jewel tones are very popular, such as purple, ruby, navy blue and gold for example. While a dark dramatic colour can be a daring choice, they can often bring a touch of opulence and luxury into the space. Having said that, they can also make a room look very dark and gloomy, so if you are opting for a darker colour palette, be sure that your bedroom enjoys a lot of natural light. Also, a few carefully selected pieces of statement furniture or objets d'art, such as an ornately carved four-poster bed, or a large, richly textured oil painting for example, will go a long way to promoting a little bit of décor drama.

Calming: A calming bedroom is by far the most commercially popular choice, with the most widespread appeal. This mood can be easily achieved in your bedroom décor through your choice of colour palette - light neutral colours, such as beige, cream, stone, white and a variety of off-white tones are the ideal selection for creating a calm ambience. Also, although bedrooms with a calming appeal can be contemporary or classical, the trick is to keep the décor simple and uncluttered.

Uplifting: Creating a happy and uplifting atmosphere in your bedroom space is a great way to incorporate energy and positivity into your life. Pastel, spring colours, such as duck-egg blue and sunshine yellows are all-time favourites for setting this kind of mood as they add a definitive upbeat tone without overwhelming the space by being as harsh and loud as brighter colours.

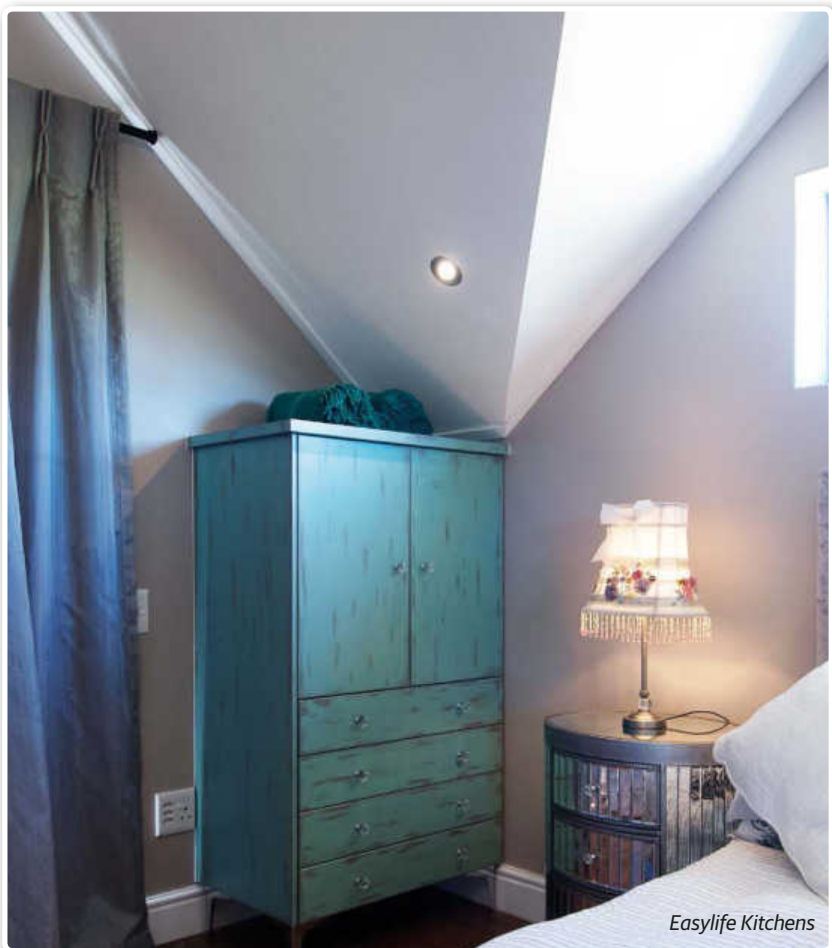


Heriz Gallery in Fourways, Gauteng, specialises in hand-woven Persian and Oriental carpets. The owners travel overseas several times a year to source new stock from India, Afghanistan, Turkey and Iran. Special carpets in their collection include award-winning designs. These are the Garden Antracid (bottom right) and the Pazyryk Silver (top right). The Pazyryk design was based on the original Pazyryk Carpet, the oldest known surviving carpet in the world dating back to the 5th Century BC, during the time of the Achaemenid Empire or First Persian Empire.

Take the floor

Flooring is arguably one of the most overlooked aspects when it comes to creating ambience in your bedroom. Most people just work around the flooring that is already in their room, but changing your flooring to what you want can really improve the mood and overall feel of the space. There are certain options when it comes to bedroom flooring, with the most popular options being carpeting and timber or laminate flooring. Tile flooring is also an option, but tends to be left out of the bedroom as tiles are often cold underfoot, and as such, they aren't the cosiest and most inviting of options. Carpeting is a great option as they are soft and warm underfoot, which are elements that you would want to include in any bedroom composition.

Timber and laminate flooring is also warm, and also incorporates an element of nature into your bedroom, which in itself, is known to be calming and therapeutic. Genuine timber flooring can be a little pricey though. You can also consider laminate flooring, which often looks just like the real thing, but is available at a much more affordable price point. Both timber and laminate flooring is much easier to maintain and clean than carpeting, and as such offers better longevity and makes it an especially good choice for bedrooms that accommodate small children.



Cover up

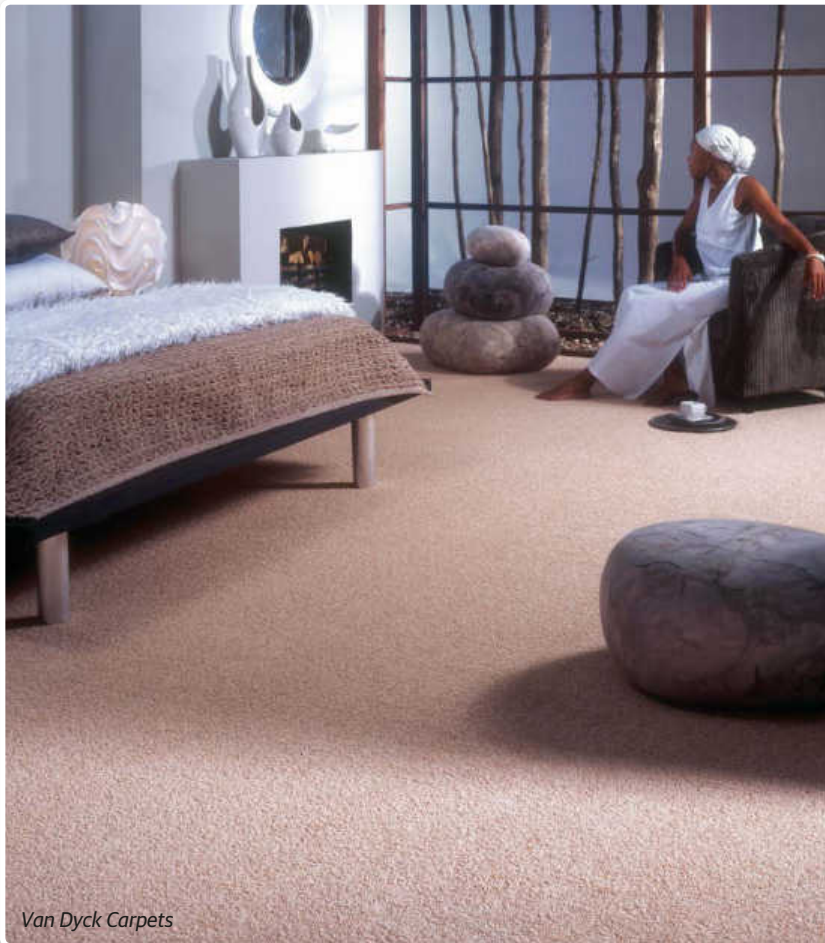
Window treatments come in all colours, textures, shapes and sizes - making them a perfect customisable feature when it comes to adding to the mood of your bedroom. Window treatments really help to give your bedroom a well-finished look, and with the wide variety currently available, it's easy to find one that suits the particular style and mood you're trying to achieve. Some popular window treatment choices are:

Traditional curtains: Curtains are a great choice for bedrooms as they're easy to open and close, and a curtain that is the right thickness will let in just enough sunlight in the morning to create romantic lighting in the room without waking you up. Curtains are also available in a wide variety of colours, making them an easy way to compliment the overall mood and style of your bedroom

Shades: Unlike blinds, shades comprise a single piece of material, rather than separate slats, although they can be opened and closed in the same way as blinds. Shades are a fantastic choice for a more minimal and calm room as they take up little space and are quite understated. While shades are most commonly seen in solid, neutral colours, they are actually very customisable, with fabric choices in any variety of colours or patterns, making them suitable for nearly any mood choice. Shades can also be ordered in fabric that completely blocks out the sun, turning your bedroom into the perfect dark resting space, even during the day.

Shutters: Shutters are more obvious than the above mentioned window treatments as they take up a bit more space, but are superior in that you can customise how much light enters the room. Shutters can be opened in a variety of different combinations, making them great for creating ambience in a room as you can choose from it being completely dark, to completely light, or any brightness in between. They are also very easy to clean, incredibly durable, even when exposed to UV-light, and they can enhance the overall security of your home.

Comprised of light-weight sheer and solid fabrics, the Metallic Minerals range from Hertex offers an array of curtaining styles and options. The compendium of designs range from textured plains, leaf patterns, vertical lines and curved motifs.



Van Dyck Carpets

Buying a carpet is one of the most important and costly investments that any homeowner can make, but apart from making sure that the carpet you select will do what you expect from it, and that it meets your budget, take care over selecting the colour and design.

As a quick guide to colour selection, warm colours can make a room feel warmer in a room that lacks light; cool greens and blues have the opposite effect and are a calming influence. Lighter colours make the room seem larger; darker colours make it feel more 'cosy', and the medium and darker colours will hide soiling better in the more used areas of the home.

The type of fibre and the way the carpet is constructed are key factors in the basic performance of the carpet so, once you have got past the euphoria of finding the right colour in the showroom, make sure that you get full information on the use of the carpet and a firm indication of how it will perform.

To determine the quality of the carpet you have to look at its pile and density. Density is the thickness of the pile yarn and how close the tufts are to each other. High density is preferred, with ideally so many fibres grouped in every 25cm square of the carpet that it is hard to insert a finger down to the mesh – the general rule being the denser the pile, the better quality the carpet.

The texture and style of a carpet are usually determined by the type of pile that is used in its construction. If the pile is left as uncut loops, this gives a more casual look and is likely to be more hardwearing – ideal for those active families with children and pets. The loops can be at a regular height or multi-level, which creates patterns in the carpet.

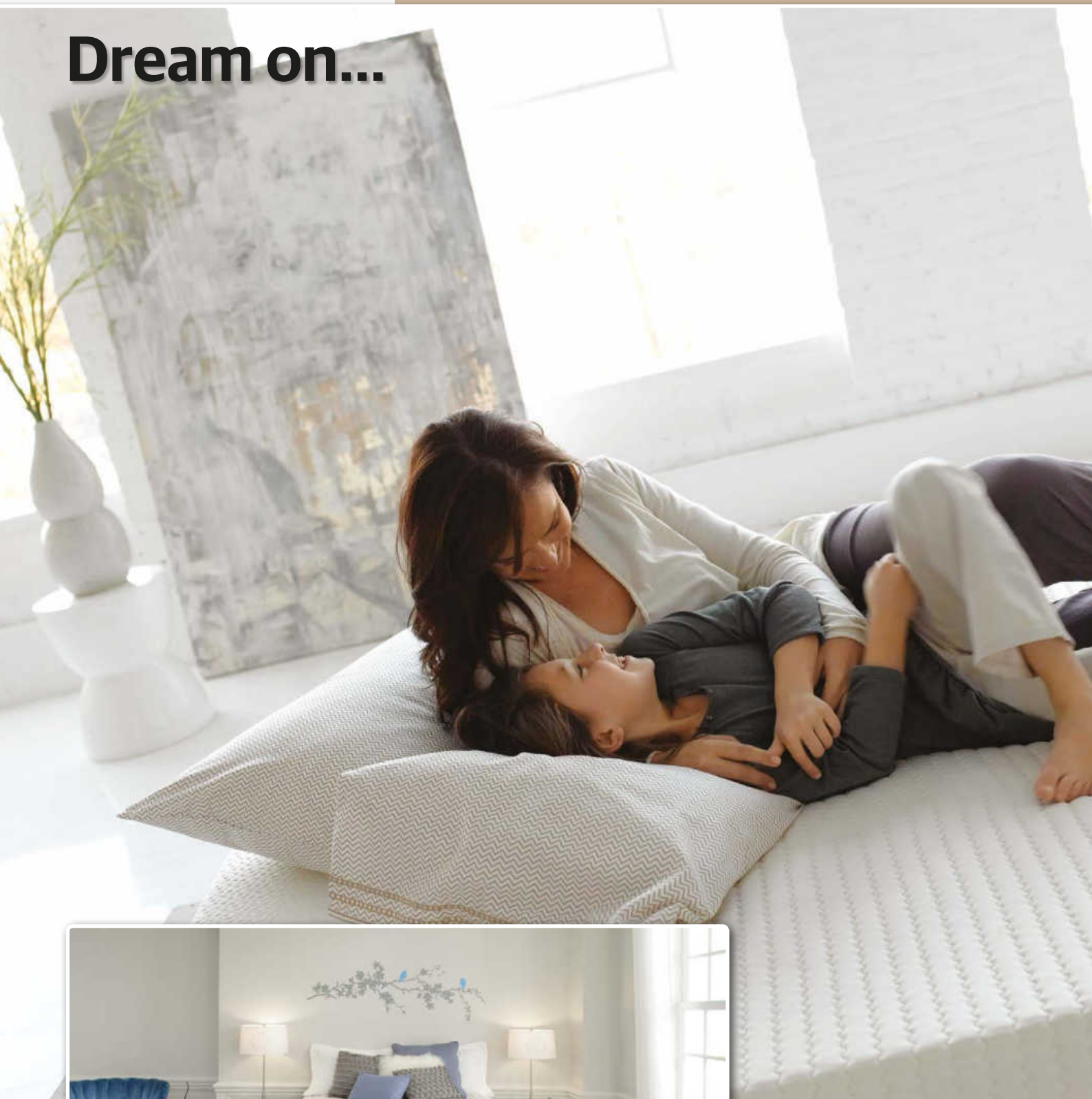
Any carpet, regardless of quality, will benefit from the use of a quality underlay. There is a wide variety of underlays to meet the demands of any area of the house, and there is no doubt that they will greatly enhance the service life of the carpet, and ensure that your investment is fully protected.

By making some clever design choices focused on the areas of your home that are responsible for most of its heat loss, namely the doors and windows, you can design a winter-friendly home that looks as hot as it feels! Whether finished in neutrals or custom colours or left to show the natural beauty of the timber used, shutters complement any interior style from classic to modern, from traditional to eccentric. When opened, the winter sun is allowed to shine through uninterrupted to warm the interior, and when closed, the shutters trap the warmth from the day inside and prevent it from escaping through the glass windows and doors.



American Shutters

Dream on...





On average, one third of your life will be spent sleeping on your bed, so it is imperative that you choose the best one for you. However, navigating the mattress market can be tricky, considering that there are literally hundreds of different options and brands available to you. Also, it isn't possible to make your decision solely using a general formula, as a big part of what makes a mattress comfortable is personal and unique to each different individual. Here are some guidelines that will make the selection process a little simpler.

Decide on your budget

The average mattress needs to be replaced every seven to 10 years, so you are going to want to invest in one that is made from materials that are durable and high quality. It is advisable to spend as much as you can afford on your mattress, as you will be using it for a number of hours each day and investing in a good mattress will make a noticeable difference to your daily well-being. If you think that a good quality mattress is an indulgent extravagance, then consider that many homeowners invest a considerable amount of money on their lounge or dining room suite – furniture that only gets used for few hours every day. Whereas a mattress gets used for on average seven hours every day. Making this comparison, you can see why prioritising your budget spend in terms of use, your mattress should be at the top of your list.

A question of support

The majority of mattresses currently on the market can be broadly categorised into four different types, namely polyurethane foam, innerspring, memory foam and latex. Aside from budgetary constraints, it is important to understand what kind of support you require, as this will largely dictate what kind of mattress is best for your needs.



From a holistic perspective, getting enough sleep is an integral part to maintaining your overall mental and physical health, and the type of bed you sleep on will play a large role in determining the quality of sleep that you enjoy. Linda Breedt from Sleepmasters, says: "Mattresses and base sets are some of the most overlooked consumer goods on the market, and it is a tragedy, as selecting the right one can have a tremendously positive impact on your overall well-being. A good bed can help change your life by improving your quality of sleep, which in turn, will improve your physical looks, mood, posture, memory, concentration levels and immunity, as well as helping to relieve various aches and pains."



Light as a feather: If you are investing in a mattress for small children, then a polyurethane foam mattress will suffice. Since children are really light, the support that these mattresses offer is ideal. They are also less costly than all the others, which makes them an ideal solution for those with budgetary constraints. There are different densities when it comes to polyurethane foam mattresses, so remember that the denser the mattress, the better quality and the longer lasting it will be.

A little bit of bounce: If you prefer a little bit of bounce, then an innerspring mattress is the kind you should go for. You can select just how bouncy you would like it to be – normally, innerspring mattresses range from a 12-gauge (the thickest and firmest), through to an 18-gauge (the thinnest and bounciest). If you are a heavy individual, you will want the thicker gauge for added support, and the thinner gauges are better suited to thinner users. For added durability, choose coils that are interconnected,

The Sealy Posturepedic Designer series mattress and base set is about to change the way you look at beds forever. Whether you want to lie down flat, head up, feet up, TV watching, zero-gravity or dual massage, the adjustments are almost endless. Which means you can now enjoy endless comfort. Features for the Adjustable Designer Series include:

- Gel Memory Foam mattress conforms with every adjustment
- Celliant Mattress fabric improves oxygen levels to aid in comfort and wellness
- Preset TV and Zero-gravity positions (customizable)
- Powerlift motor with 270kg lifting capacity
- Full range of positions (head and foot)
- Square-tapered wood furniture-style legs
- Backlit wireless remote
- Dual, variable-intensity massage with wave
- Programmable custom position
- One touch 'flat' button



however, if you don't want your partner to be disturbed if you get up or toss and turn during the night, then a mattress with pocketed springs is the way to go. As a general rule, innerspring mattresses either have a fibre-filled or foam outer layer, which is covered in quilted upholstery. Innerspring mattresses are great for those who sleep on their stomachs, or if you tend to sleep "hot".

Extra firm support: If you need the maximum support, then your best choice would be to choose a memory foam mattress, which have a polyurethane core. They have much less spring when compared to innerspring mattresses, it won't sink beyond the top layer, and your partner's movements won't be transferred to your side of the bed at all. Memory foam offers maximum body support, as the foam moulds itself to the shape of your body. The quality of the mattress depends on how thick and how dense the memory foam layer is. Generally speaking, thickness varies between 5cm and 15cm, and a density of 2kg per 0,03 cubic metres is considered very high quality. Memory foam mattresses are great for those who suffer from back pain, sleep on their sides and back.


Added buoyancy: In terms of firmness, latex mattresses boast a similar firmness to memory foam mattresses, except they offer users a little more spring. Other benefits of natural latex is that it has antimicrobial qualities, and that it is mould- and dust mite-resistant. The one major drawback of latex mattresses is that they are comparatively really expensive, but they claim to have a minimum lifespan of 20 years or more. There are two main types of latex, namely Dunlop latex, which is dense and heavy, and Talalay latex, which offers a softer feel. Latex mattresses are ideal for those who suffer from allergies and if your partner tosses and turns all night.



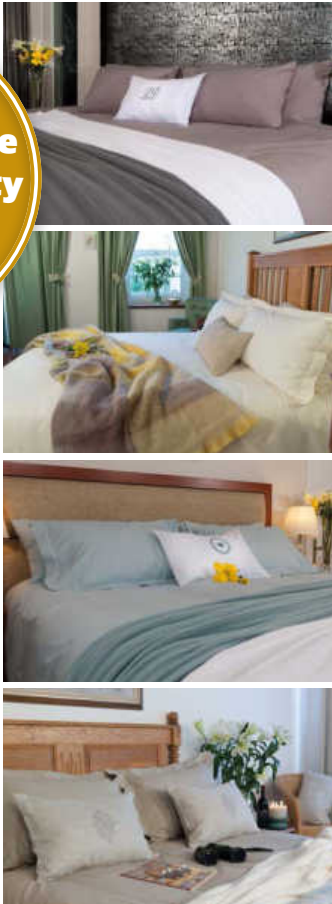
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Stay ahead with beds

The bed is the main attraction in any bedroom space, and its aesthetics need to reflect this. Hour for hour, it is the most used piece of furniture that we own at any given time, and so it needs to be hard-wearing and durable. It serves to cradle and envelope us while we are sleeping and at our most vulnerable, and should be supportive and comfortable. It provides the place where we can peacefully retreat to our dreams and recharge our batteries – it is a most important piece of furniture indeed.

Beds need to be designed to be functional, beautiful, elegant and supportive, yet they also need to be able to add to the ambience of a space in an attractive, positive and inviting way. Here are some of the hottest bed design trends that are currently hitting the market.



TIDE



TIDE

Mid-century modern flair

A couple of years ago we started seeing the first wave of mid-century modern designs making their mark. These were further fuelled by period hit TV series, such as *Mad Men* for example, and today, mid-century modern appeal has become a mainstream, commercial trend that is shaping furniture design throughout the home, and especially in the bedroom. It is easy to see how this style caught hold – with its simple, clean lines, coupled with bold colours and retro patterns, it offers an ideal complement to contemporary modern living, in a bright and funky way. Beds that offer a definite mid-century modern appeal have a simple and sophisticated look that amalgamates styles popularised in the '50s and '60s, with a more modern undertone. They are usually crafted from solid wood, and boast a streamlined headboard and gently tapered legs. Their refined profile suits a number of different décor styles with ease.

Transitional transcendence

Transitional décor is at its most popular – combining a variety of old world styles with the new is bang on trend. This style offers great versatility and wonderfully interesting aesthetics and texture mixes. Matching bedroom sets are a big no-no here – rather being replaced by a carefully selected collection of items that come from a number of different periods and reflect an assortment of styles – valued for their individuality and uniqueness. We are seeing an influx of metallic elements, combined with a shift towards more nature-centric designs, and a real desire to upcycle items with interesting shapes, colour or textures. The look is rustic, yet elegant; timeless, yet modern; bohemian, yet versatile. Beds with an iron frame are especially suited to this style, as are old fashioned, hand carved beds and headboards with an old world European flair.

Green revival

Nature's influence on décor has been around for decades, however, every year, it seems to gain momentum. Today, it seems that the presence of organic elements



Linen Drawer



TIDE

in the bedroom is an imperative to any successful design. Nature can be included in a number of ways – in a literal sense by adding pot plants, flower arrangements and a great view to the outdoors, through to the choice of colour palette and natural materials being used. With regards to bed design, the influence of nature is seen by the ever-increasing number of designs that boast organically inspired lines and curves, as well as the prolific use of natural materials, especially wood and leather.

Bolder and richer

As the quest for luxury gains traction, so does the impact of this lifestyle trend become ever noticeable in the design and décor world. In the bedroom, we are seeing more and more designers truly embracing rich, vibrant hues, and abundance of luxurious textures, and a surplus of sensory-tingling additions, including lighting, scents,

accessories, soft furnishings, linen and flooring. The bedroom is becoming a space designed to pamper and indulge. The latest bed designs reflect this pursuit for decadent extravagance and clearly evident in the rise in popularity of four-poster beds and decadently upholstered headboards.



Coricraft

In the closet



Colombini Casa by Diva Cucine.

Keeping your bedroom neat and clutter-free is important, and the only way of truly achieving this is to include the right kind of bedroom storage in the space in question. Bedroom storage is more than what it used to be in the past – with so many different storage options available today, storage has evolved into more than just a cupboard.



Finding innovative ways of maximising your space is key, especially in smaller bedrooms, while in larger bedroom spaces you can really go to town – including the likes of elaborate wardrobes and armoires, walk-in closets and dressing rooms.

Built-in solutions

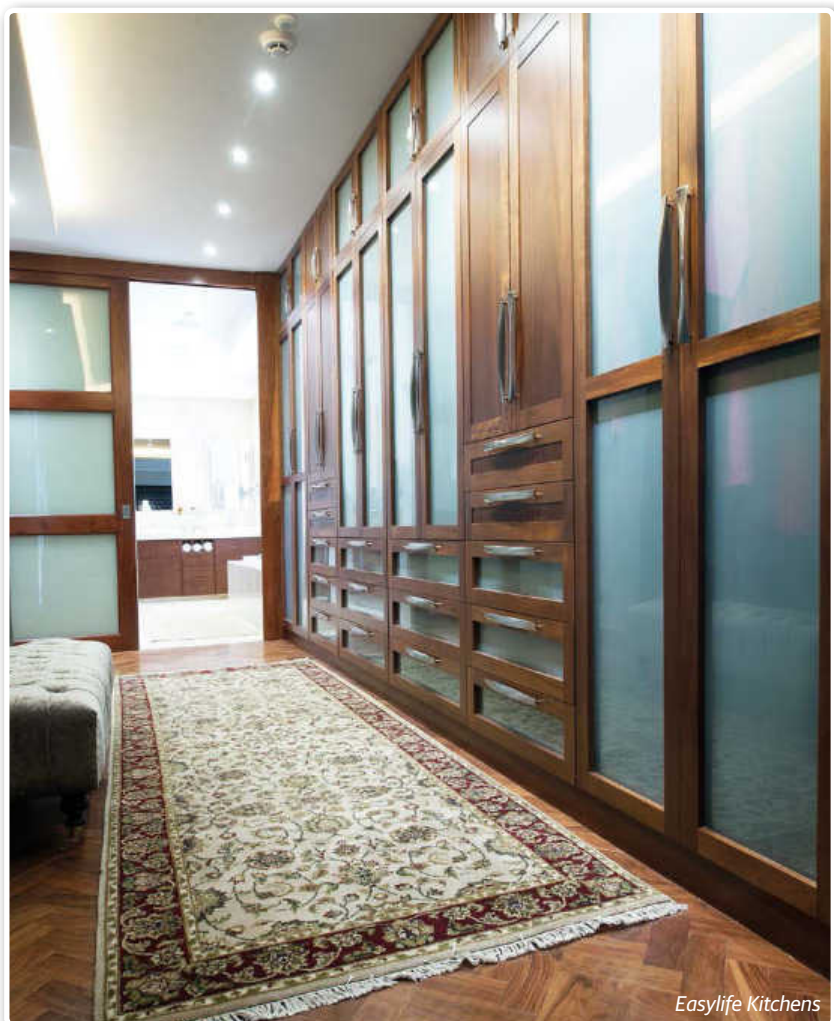
Built-in closets remain one of the most popular storage choices for the bedroom the world over, and it is easy to understand why – they offer an excellent floor-to-ceiling, space efficient and streamlined solution. Also, their interior space is easily customisable to suit your individual requirements. Whether it is more hanging space, shelves or drawers that you require, built-in cupboards are usually modular in design and can be formatted to suit specific storage requirements. Customising the interior of a built-in closet will allow you to better utilise and organise the space available.

Walk the walk

Walk-in closets are arguably one of the most luxurious types of closet available to homeowners, and if the space is available, they also offer the most practical and user-friendly form of bedroom storage. Walk-in closets are often found in the form of a small room that leads directly off the master bedroom, which is lined with shelving and hanging space. However, their location can vary. Of late, a popular option is to include a walk-in closet as a means of dividing the main bedroom and en-suite bathroom, so you walk through the closet in order to reach the bathroom. The real beauty of a walk-in closet is that they are entirely customisable, and they offer the users the possibility to clearly see their entire wardrobe at a glance. They can be outfitted with a variety of different interior storage solutions – from traditional hanging space, shelves and drawers, through to more unique solutions such as pull-down hanging racks, shoe racks, tie holders, accessory and watch drawers and specialised handbag storage.



Colombini Casa by Diva Cucine.



EasyLife Kitchens

Colombini Casa by Diva Cucine.



Colombini Casa by Diva Cucine.

Wondrous wardrobes

Essentially, a wardrobe is a free-standing cupboard – a piece of furniture used exclusively for storage. They come in a variety of shapes, sizes and styles making them a great addition to any bedroom. Wardrobes can be full length for maximum storage, or table height, which is ideal for bed-end or under-window storage. When it comes to wardrobes, the décor style



Leather is a hot trend this winter and in the home it is versatile and blends in effortlessly with any style, whether contemporary, classic or modern in design. Leather items from Coricraft are 100% genuine leather and manufactured locally.

of your bedroom will largely dictate what it will look like – perhaps a French Armoire for a classically dramatic bedroom, or maybe a modern, streamlined design for a more contemporary bedroom design. The one cardinal rule to remember when investing in a wardrobe is making sure that it fits into the space in question, so be sure to measure the space properly before you go shopping.

Don't sweat the small stuff

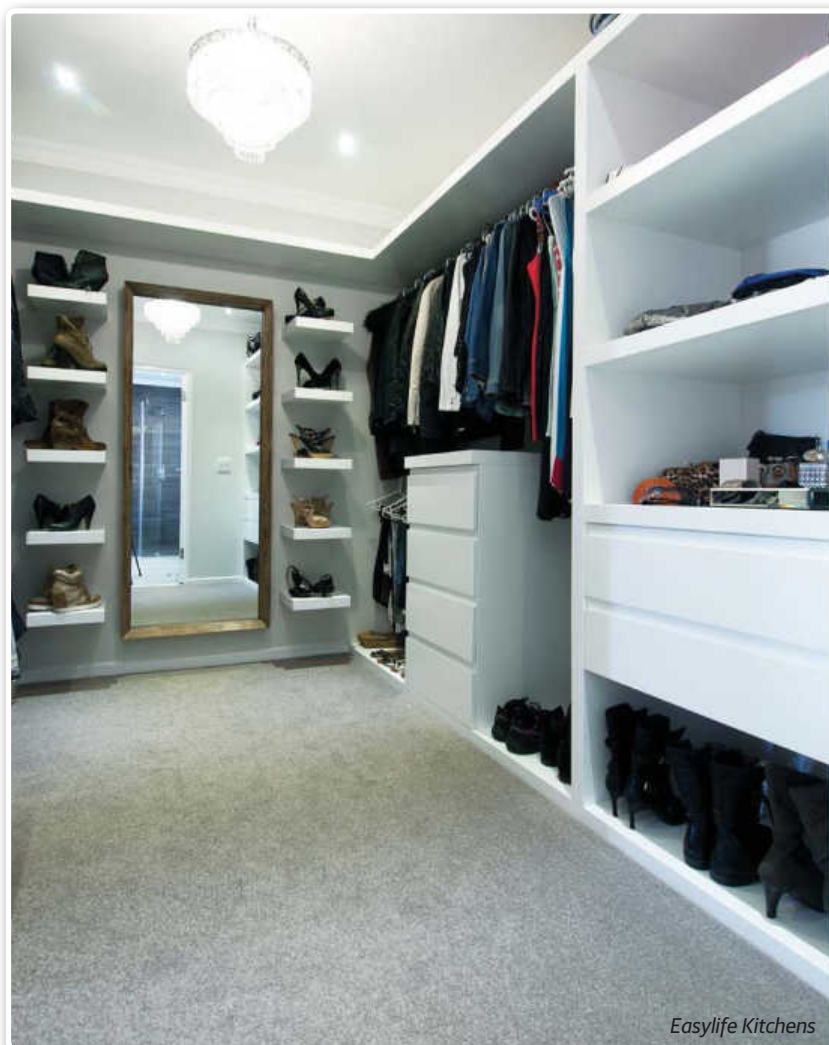
While the bigger storage choices are most functional in the way that they offer a lot of storage space, it's important not to overlook other storage options that can help you make the most of all available space in your bedroom. These include:

Under-bed storage: The area underneath a bed is one of the most wasted spaces in any bedroom. Today however, there are many storage solutions that allow you to turn this space into a useful storage area. There are specially designed boxes for under-bed storage, as well as under-bed drawers on castor wheels, which can slide out whenever you want to access the stored items.

Bed-end boxes: As their name implies, bed-end boxes are boxes or trunks designed to provide storage at the foot-end of your bed. These boxes are often upholstered to suit your room's decor, and have a hinged top – this gives them a dual functionality as a storage solution, as well as providing a convenient place to sit when you are getting dressed or putting your shoes on. They provide the perfect storage solution for items such as throw cushions, or extra blankets.

Side tables: Bedside tables, while small, are a great place for storage – especially for items that you need to frequently access. Choosing a bedside table that has lots of draws usually maximises the space and provides the perfect storage for smaller items that could easily otherwise add to the room's clutter. They are also a great space to store charging cell phones, tablets, reading glasses, hot water bottles, medication, books and torches in case of a blackout.

Smart shelving: While usually used for decoration, bedroom shelves can also be used as storage for many smaller, but necessary items. However, since these shelves are open, it is essential that you keep them neat and well organised.



Storage solution

Too often, what looks great on the outside is hiding a mess on the inside. We all want to make the best possible use of our storage space, and the Space Tower from Blum is specifically designed to help you organise, store and easily access your 'stuff'. Ideal as a kitchen larder unit, the Space Tower can equally be used to great effect in the living, bedroom and bathroom cabinets of the home. The option of clear glass front and sides affords the visibility to see what is needed at a glance. The Space Tower offers plenty of space, and the choice of higher side walls creates up to 55 percent more room for storage.

The pull-outs are integrated with Blum's motion technology, Blumotion, so that drawers open, halt and then close softly at the lightest of touches. The Space Tower design is flexible in height, width and depth enabling you to individualise and harmonise interior spaces throughout your home, while achieving the maximum amount storage space.

www.eclipse.co.za



Stylish heating

DèLonghi believes there is no reason why heaters cannot combine economical and practical heating options with aesthetics and therefore the company has developed the new Slim Style heater. With a depth of only 7.5cm, it also has the option of being wall mounted. Patented technology is said to generate better heat distribution quickly and silently while the double fan system increases the performance of the convector, providing immediate and rapid heating throughout the entire room.

www.delonghi.co.za

Pure natural cotton

These Horizon Pure Cotton throws are knitted using pure cotton yarns that are extremely hard wearing, yet completely luxurious. Being pure cotton, they are produced from natural fibres that are hypoallergenic and healthy. These throws are versatile and can be used throughout the home as a practical summer / autumn throw or as a decorative add-on to your décor at any time of the year.

Produced in South Africa, these throws are machine washable and tumble dryable.

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